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Lakes, Bay & Region • July 2 2016

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Dr Samer Ibrahim

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1 College St. North Lakes, QLD, 4509

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**LIBERAL
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WHAT'S ON

Our guide to what's on
Easily submit your event on our homepage
www.northlakesmessenger.com.au

MARKET DAY - HANDMADE MEETS THE ARTS

Saturday 2nd July, 9am until 3pm

Old Redcliffe Fire Station grounds- 395 Oxley Avenue
Redcliffe

Cost: FREE

Lounges on the lawn, relax - linger longer, music, food, raffles, demonstrations, pre-loved book sale. Meet the makers - painters, potters and designers. Event is brought to you by the Moreton Bay Arts Council.

RODEO ROUNDUP @ QSEC

Saturday 2 July from 5.00pm (Gates open 4.00pm)

QSEC, Cnr Tuckeroo Drive & Beerburrum Rd,
Caboolture

Cost: Adult \$20, Concession \$15, Kids (5-17) \$10, Kids (under 5) FREE

QSEC's Rodeo Round-Up features everything from Barrel Race, Steer Wrestling and Breakaway Roping to Saddle Ride, Bareback Bronc Ride and the toughest and most adrenaline packed 8 seconds in sport - the Open Bull Ride. Make sure you get along to support our rising rodeo stars as both the junior boys and girls compete in their events.

Don't miss this action packed and thrilling family night of fun! With an undercover, open air arena you will feel the full atmosphere of rodeo life. Make sure you stay for the after-party with entertainment under the stars. With full food and bar facilities, this night will be the talk of the town!

PICNIC HILL (FOOD TRUCKS, CRAFT BEER & MORE)

Friday 8 July

4pm-10pm

Corner Oxley ave. Anzac ave. Redcliffe

Cost: gold coin

Exhale from the week that was and come "chill on the hill" Brisbane's favorite food trucks, craft beer, lawn games, market stalls, Live music on the main stage, VIP family sized day beds and nana blankets to snuggle up in. Come soak up the Good Vibes. Fully fenced and Family friendly.

All proceeds go to the Redcliffe area youth space so they can continue supporting young people through out Moreton Bay and beyond. Full line up on Facebook - Picnic Hill.

MISTLETOE MYSTERY - INSIDEOUTSIDE THEATRE CO.

FRIDAY 15 & SATURDAY 16 JULY

The Corso North Lakes

Cost: Adult \$45, table of 8 \$315 (includes booking fee)

This murder mystery is coming to you for Christmas in July and is another interactive, dinner theatre production from InsideOutside Theatre Company.

Renowned private detective Erin Dawes has taken on a new assignment and it is very close to her heart. Set in Santa's Grotto, this murder mystery will keep all you amateur detectives on your toes as you try to crack the case.

Served up over a freshly cooked two course meal, this is an event not to be missed. So dig out your Christmas hat and baubles and join us for a night of fun, good food and intrigue. The venue is BYO.

Book at the www.stickytickets.com.au/38352 or call Angela on 0499002989

THE Messenger

Now in its twelfth year, the Messenger is your free weekly publication. Wholly owned, operated and produced locally. Proudly independently published.
ABN 129 5493 7979.

CONTACT US

NEWSROOM/EDITORIAL/SUBMIT A STORY

The Messenger is dedicated to the community and we welcome contributions from residents, community groups, schools, sporting groups, the private sector and institutions of higher education. Email your reports and pictures to Editor Dan Fidler via:

editor@northlakesmessenger.com.au

ADVERTISING

For all advertising rates, specifications, templates conditions and bookings please contact Advertising Manager Jodi Doe on **3881 3322** Tuesday to Thursday. Other times please call **0488 112 822** or email:

adz@northlakesmessenger.com.au

Please note:

- Business hours are week days 9am to 5 pm.
- All advertising is to be pre-paid.
- Advertising deadline (including Classifieds) is 12 midday Thursday one week prior. Incomplete art due Tuesday midday one week prior.

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accounts@northlakesmessenger.com.au

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observing the requisites and disclaimers printed on their relevant pages.

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The Messenger would like to acknowledge the traditional owners and elders of the lands and waters within the Moreton Bay Region and surrounds, both past and present.



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"WHAT YOU SEE IS WHAT YOU GET"

Free playgroup membership for QLD families

Every Queensland family with a child under one is now eligible for a free 12-month Playgroup Queensland membership

Education Minister Kate Jones announced the Play Stars initiative at the 'Out of the Box' children's festival at Southbank last week. The Play Stars offer is a free 12-month family membership to Playgroup Queensland for eligible families.

Playgroup Queensland, the peak body for playgroups in our state, provide a diverse suite of programs and services for every child to learn through quality play experiences while supporting parents and carers in their role as first teachers.

A recent report: *Relationships Matter: the Social and Economic Benefits of Community Playgroups*, found that playgroups have enormous social and economic benefits to families and may impact on not just children, but also parents and carers.

Playgroup Queensland's CEO, Ian Coombe, said recently that becoming a parent for the first time can be an isolating experience.



Eligible families can register online at www.playgroupqld.com.au or by telephone 1800 171 882

That new parents and carers could become withdrawn from the community and lose contact with friends who don't have children. He highlighted the importance for parents of newborns to get involved in playgroups as early as possible to ease the transition to parenthood and to help establish that important bond – for dads as well as mums.

"Life in general can become a constant psychological struggle for families of newborns; however, researchers found that playgroups act as 'sociological superglue'

by encouraging life-long friendships between parents and carers, reducing the 'perfect parent' stigma and providing resources that encourage children to learn through play... readying them for kindergarten and school" Mr Coombe said.

"Play is the easiest way to help a child learn and grow because 'play' is fun; it is how a child learns."

More information on Play Stars including how to register is available at: www.playgroupqld.com.au

An advertisement for Ethos Orthodontics. It features a photograph of two young boys sitting outdoors, looking at a smartphone together. The background is a bright blue sky with various colorful icons like hearts, stars, and a camera. A large green speech bubble contains text about a free self-diagnostic app. The text 'imagine what's possible with a smile' is written in a large, white, sans-serif font. The Ethos Orthodontics logo is in the bottom left, and contact information is at the bottom right.

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Lakeside Cafe Re-opens

as a charitable endeavour

The local landmark and meeting place re-opened last week with a minor rebranding as Interseed Lakeside Cafe.

Interseed is a local not-for-profit organisation invested in assisting people both locally and internationally.

Beginning as the charitable arm of North Lakes based Cornerstone Building Developments (CBD), Interseed was created as a means of realising CBD's empathetic goal to improve the lives of people in need or distress. Gaining charitable foundation status in 2011 they became The Interseed Foundation.

Working both locally and globally the foundation's principal goals are:

- the relief of poverty
- the relief of needs of the aged
- the relief of sickness and distress
- the advancement of education
- the conduct of activities which are charitable and for the public benefit

Interseed aims to improve the lives of people irrespective of age, gender, socio-economic status or cultural heritage by



The cafe is open Tuesday – Friday 8am-4pm and Saturday's 7:30am – 1pm

striving to meet the immediate and or long term needs of people suffering distress.

The cafe is the foundation's newest local venture. The Keymax Property Group, who own the site, have graciously allowed Interseed to use the site for fundraising until development goes ahead and you might have seen their current goal on the wall while walking by (pictured above).

During the month of July they aim to raise \$1000 through cafe profits for Cystic Fibrosis Queensland, the official but underfunded body who assist families in our community living with the genetic

disease, for which there is no cure.

So head down to the lake and grab yourself some hot or cold drinks, a snack or a light lunch while knowing you're supporting a very worthy cause.

Ongoing, the foundation is interested in partnering with other local charitable organisations who share the same goals. Interested parties should contact Shane on 07 54311218.

More info on the foundation behind the new Lakeside Cafe at www.interseed.org.au

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For more information, book an appointment to see an advisor between Monday & Saturday or to register for the Workshop

Register your attendance by calling:

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WIN

A Whale Watching Family Pass Valued at \$460

Each year magnificent southern humpback whales migrate to and from Antarctica and they pass right by us during the months of June to November.

As these leviathans of the deep make their way through our warm waters, they feed, mate and play in the clear blue waters of Moreton Bay.

Intelligent and naturally curious mammals, the whales greet their visitors with playful behaviour that will both charm and surprise you. You will be awestruck as these gentle giants breach, blow and frolic only metres away!

In conjunction with Brisbane Whale Watching we have a family pass to give away. The prize entitles two adults and two children (4 to 14 years) to a full day whale watching experience.

The prize includes the full day whale watching cruise and buffet lunch. Whale sightings are guaranteed.

The cruise commences boarding at 9.30am for a 10.00am departure from the Redcliffe Jetty.

To enter simply email **adz@northlakesmessenger.com.au** with "Whale Watching Comp" in the subject line and tell us which months the whales come through Moreton Bay (you shouldn't have to google this one, the answer may be staring you in the face). Entries close Thursday July 14. Good Luck!

NOTE: The prize is for mid-week travel only and must be used before Friday 2nd October 2016.

NOTE: All regular family pass inclusions and disclaimers apply. For more information see www.brisbanewhalewatching.com.au



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Win a \$150 voucher TO THE NORTH LAKES TAVERN



For a chance to win a \$150 voucher, plus your masterpiece reproduced for the entire month at the North Lakes Tavern, simply submit your original recipe to adz@northlakesmessenger.com.au. Entries will be judged by the experienced Chef at the NORTH LAKES TAVERN. The lucky winner will be notified each month.

Selected recipes
will be published each week for our readers to enjoy.

How exciting if your recipe was published in the NORTH LAKES MESSENGER. Keep your eyes peeled for exciting new recipes each week.



Call Jodi Doe 0488 112 822
adz@northlakesmessenger.com.au
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THE
Messenger



How to act a like monster while breaking up

Hi Leonie,

I have been with my boyfriend for six years and he is my only serious relationship. We met in grade 11 and since then we have been living in each other's pockets. To get straight to the heart of my problem I just want to get out of this relationship.

There is absolutely nothing wrong with my boyfriend and he is a great guy but I just don't see the rest of my life with him.

He is clingy but not controlling. He lives with his parents and is saving like crazy to buy a home (supposedly for us) and I live in a share unit with a work mate.

He wants a house and kids and I want to travel and live while I'm young. I realised last year that I can't even get some alone time with my mum and dad without him. If he finds out I've been over there without him he gets upset saying things like he feels that they are his parents too.

We went to couples counselling about 18 months ago in Rockhampton and it became clear to me that he didn't want to change and I don't want to stay with him.

This is the hardest thing I've ever had to live with but I just want out. I care about him but I don't love him anymore. I find myself being cranky and snappy all the while knowing that this is not fair to him.

Sometimes I find myself thinking that there is nothing of mine at his house and nothing of his at mine so just pick up the phone and end things and then it's done. But I never do. He has his own family who are just fantastic so it's not like he would be left alone.

How can I make a break from this relationship and where do I get the courage to just end it and do you think that asking for a trial separation is a good way to ease him into being alone before ending things for good?

Name withheld by request/Capestone

Hi,

I think that a trial separation is a great idea if you want to be dishonest and manipulative. I feel that it is absolutely cruel to give someone false hope for an extended period of time if you already know that there is no chance for the relationship.

Likewise, my view is that it's unfair and immoral to let your boyfriend believe that he is in a loving relationship and tie up his life when you know that you are going.

There are no great ways to break up with someone but acting with honesty and integrity is a great starting point. Passive aggressive ways of breaking up in my view are gutless. There are lots of unethical and hurtful ways to end a relationship.

Some favourites of those trying to end a relationship without being up front about it include the following.

- Acting like a monster, having an affair, being cruel, acting disengaged and aloof in the hope that their partner will break up with them so they don't have to do it.
- Sending a text or email: often with no real explanation.
- Getting a friend to tell a partner that it's over.
- Avoidance: Becoming impossible to contact, not answering calls, not responding to texts and being otherwise involved all the time.
- Asking for a trial separation in the hopes of easing their way out of a relationship.

I would suggest acting like a responsible adult and telling your boyfriend that it is over and that you are sorry but you don't love him anymore. If you know there is no chance of reconciliation, tell him this to his face. Be gracious and answer all his questions but also try to keep the conversation as brief as possible. I suggest you have this conversation when you know he has the following day/s off work so he has some private time to come to terms with the end of this long term relationship. I then suggest that you cease all contact with him as you have no assets, children and ties that bind. Calling to check on him, monitoring his face book or talking about him to mutual friends could give him false hope.

Get on with your life and allow him to do the same.

Til next week, Leonie

E-mail: leonieschilling@bigpond.com

Leonie Schilling is a qualified private practitioner.
For appointments please phone 3886 2715 or 0423 653 841

Relationship Intensive Care - A practical guide to saving and maintaining your relationship

Leonie delivers advice about struggling with a sick relationship and delivers (in a way only Leonie could) an easy to understand plan to repair that relationship.

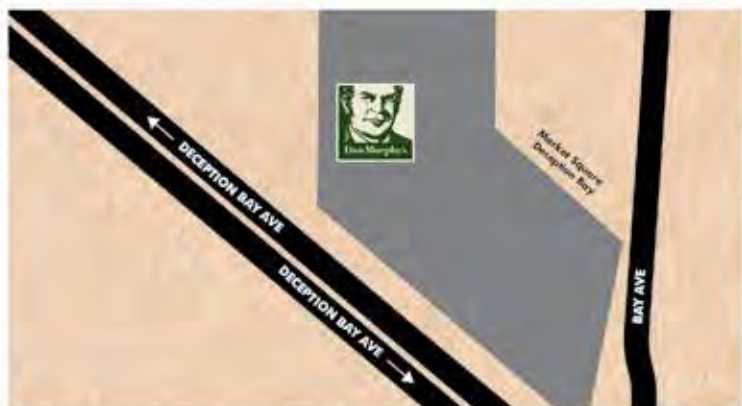
Relationship Intensive Care is available as both a hard copy and EBook from www.northlakescounsellingservices.com.au or Dymocks North Lakes. The hard copy is \$29.95 (+ \$7.00 postage and handling) and the EBook download is \$14.95.





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Murrumba Drama Festival

ROAR Academy takes out top honours

Roar Academy put forward a team of 22 young actors aged 10-21 years at the Murrumba Drama Festival held at the Mousetrap Theatre, Redcliffe during the weekend of June 18-19. The 22 strong team performed four plays across three sections of the festival and were rewarded with an outstanding array of awards, including the festival's top honour – The Premier Cup for the most outstanding contribution to the Festival.

VIRAL entered into the Open section took out best director (Madeleine Johns), Best Actress (Ashley Prosser) and 3rd Best Play.

LIKE A METAPHOR entered into the youth section 12-18yrs took out Best Play, Best Director (Thomas Armstrong-Robley), Best Actor (Jarrad Langtree), Best Actress (Ashley Prosser) and the Adjudicator's Encouragement Award (Tyallah Bullock).

AND THEN THERE WAS ONE entered into the junior section took out Best Play, Best Director (Madeleine Johns), Best Actor (Emerson McShea), Best Actress (Alice Simpson), Best Actor in a Comedy Role (Emerson McShea), Best Actress in a Comedy Role (Charlotte Rubendra), Best Supporting Actor (Jeremy Hauter) and the Adjudicator's Encouragement Award (Zarlia Howland).

What an amazing feat for these young people!

The adjudicator John Boyce from Brisbane Arts Theatre, commented on the significant contribution that ROAR Academy is making to the development of live theatre in the local region – particularly in the development of outstanding Youth Productions.

ROAR Academy and RMT will be running Holiday Workshops June 27 to July 8 at the PCYC, Redcliffe so if your children are looking for something to do these holidays enrol now at www.redcliffemusicaltheatre.com or register at info@roaracademy.com



"Be part of Mueller's future today"

INFORMATION ABOUT OUR 2020 VISION



www.mueller.qld.edu.au/2020vision

ARE YOU UP FOR THE CHALLENGE?

We caught up with Kathryn, who recently took part in the Studio Pilates 30 Day Challenge, to get the inside scoop.

How many 30 Day Challenge have you taken part in to date?

This is my first 30 Day Challenge. I first came to Studio Pilates at the beginning of February and since then I've had incredibly results. Since then, I've lost 8kg, dropped a dress size, and feel fantastic!

What attracted you to the 30 Day Challenge in the first place?

Even before the May challenge, I was attending 5 to 6 session a week. My results had started to slow down a bit and I'd hit a bit of a wall. I thought the 30 Day Challenge would be a great way to kick things up a gear.

Did you set goals for yourself to achieve in the 30 days?

I'm getting married in July - my goal for the challenge wasn't so much to drop weight (my wedding dress is already too big!) I was more interested in toning and strengthening my body. The goals I set for myself were mental as much as physical - I wanted to feel confident and happy in my own skin.

Were the instructors motivational and helpful?

The instructors are fantastic! They are always checking in at each class to see how I'm going with the 30 Day Challenge and if I need any help. I hear other people talk about their favourite instructors, but honestly I like them all! They all bring something a little different to the class, it could be a new little variation on one the classic exercises or a gentle reminder that "touching your knees isn't the same as squeezing them"

Would you recommend it to others? Who and why?

All my friends must be so sick of me raving about Pilates! Come to a 5am Friday class and you'll see half the reformers taken up with my family - my finance, mum and dad, my sister and her partner are all regulars now.

THIRTY DAY CHALLENGE



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P 3204 5222 [f/studiopilates](https://www.facebook.com/studiopilates)



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- Asset must be purchased from a licenced dealer or BOQ recognised supplier
- Asset (new or used) must be no more than 3 years old
- Borrowers ABN must be registered for at least 2 full consecutive years and be registered for GST for at least 2 consecutive years
- Must have a clear Veda report on all borrowers and guarantors
- The borrower, guarantor, spouse/partner or related company or trust must be a property owner. For non-property owners, a 20% cash deposit or trade-in equity has been negotiated
- This offer is not available for PAYG applications, Private Sales, sale & leaseback

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BLUE: Getting worried?

Get free customised medical information online using Health Direct symptom-checker.

www.emergencyalternatives.org.au/sympton-checker/

GREY: Need to talk now. 24/7

Call 13 HEALTH to get medical advice from a registered nurse 24/7.

AMBER: Need to see a doctor

Call your GP or an after-hours GP service to see a doctor 24/7.

RED: It's an emergency

Serious illness? Accident? Suspected heart attack or stroke? Go to a hospital ED or call 000 for an ambulance.

The Emergency Department isn't always your best option

DR ANITA, BRISBANE NORTH PHN WRITES

Latest research shows one in three after-hours visits to the Emergency Department (ED) is for illness or injury that could be treated by a General Practitioner (GP).

A survey commissioned by Brisbane North PHN also found more than 70 per cent of people had never called 13 HEALTH for free health advice, but nearly 40 per cent used 'Dr Google' often to diagnosis their symptoms.

It has been surprising to learn how many people are still going to the ED for minor ailments like ankle sprains and viral infections.

Our findings also showed that half of non-urgent patients (categories four and five) attending an ED after hours were under the age of 30, which includes babies and young children.

What this suggests is many parents and young adults are unaware of what after-hours services are available to them. The Emergency Department isn't always your best option for after-hours care. Patients seeking urgent medical care for minor ailments will find it is easier and usually a lot quicker to call an after-hours GP, instead of waiting for hours at busy hospitals.

Brisbane North PHN has now launched a campaign off the back of these results to improve awareness of after-hours medical care alternatives.

A total of 300 patients were surveyed and two years of hospital data examined to gain a thorough understanding of how and why people were accessing after-hours healthcare.

Our survey revealed that three quarters of patients had never accessed an after-hours GP service.

Data also showed almost no one had used the Health Direct symptom-checker, which provides free and reliable medical information online.

Dr Google often gets it wrong and can cause unnecessary worry. Our website gives people several options for medical help and advice that may be better than a trip to the ED.

The website uses a colour-coded scale of emergency alternatives:

- **BLUE:** Getting worried? Get free customised medical information online using Health Direct symptom-checker.
- **GREY:** Need to talk now. Call 13 HEALTH to get medical advice from a registered nurse 24/7.
- **AMBER:** Need to see a doctor. Call your GP or an after-hours GP service to see a doctor 24/7.
- **RED:** It's an emergency. Serious illness? Accident? Suspected heart attack or stroke? Go to a hospital ED or call 000 for an ambulance.

Dr Colin Myers, Executive Director of Critical Care at Australia's largest hospital and healthcare service, said EDs are for emergencies and in many cases patients

who are seeking treatment for minor ailments will wait.

"Unless it is an emergency, patients should consider using the alternatives available to them highlighted in this campaign as our sickest patients will always be seen first," Dr Myers said.

Director of Clinical Quality and Patient Safety, Queensland Ambulance Service Tony Hucker said calling an ambulance for illnesses treatable by a GP could divert valuable resources away from more critical patients.

"If an ambulance is being used to transport a patient to hospital that is not experiencing a life-threatening condition, those paramedics are unable respond to other more urgent emergencies," Mr Hucker said.

"Before calling Triple Zero (000), please think about whether it is an emergency situation or if your symptoms can be treated by your GP," he said.

The campaign has the support of the AMA Queensland, the Queensland Ambulance Service, and the Metro North Hospital and Health Service.

To visit the campaign website, go to www.emergencyalternatives.org.au.

ABOUT DR ANITA

Dr Anita Green (MBBS, MSpMed, FRACGP, FASMF, FAICD) has 30 years experience in both the primary care sector as a general practitioner and in the tertiary care sector with Queensland Health. She has a long-term commitment to undergraduate and postgraduate education, for medical and allied health professionals, and is involved in teaching and research at the University of Queensland.





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Your Stars



Aquarius Jan 21-Feb 19: There's nothing wrong with coasting along if that's what you want, but if you feel like you've lost your way then now would be a good time to pull over and ask for directions.



Pisces Feb 20-March 20: It may feel like you're retreating from advances you made, but your actually gathering strength for an extraordinary push forward.



Aries March 21-April 20: Wait to hear what the other party says before pursuing a matter further. You don't want to corner them when they're on the verge of giving in.



Taurus April 21-May 21: make sure to get amply compensated for staying on before you get roped into a situation your more than happy to leave



Gemini May 22-June 21: A promotion is put on hold, but don't freak. An explanation- along with a timetable for when it will come through- will emerge soon.



Cancer June 22-July 23: Are you chasing after a mirage or the real thing? You'll know which one by the end of the month.



Leo July 24-Aug 23: Someone has been signalling their dissatisfaction for a while, and now this person has had enough. Like it or not, you'll have to listen.



Virgo Aug 24-Sept 23: A rosy infatuation will come to an end. Things may be thorny for a while, but this also allows you to appreciate someone for who they are.



Libra Sept 24-Oct 23: Pay attention to the pang of conscience because it will save you from making a horrible mistake. A last minute conciliatory gesture works wonders.



Scorpio Oct 24-Nov 22: A united front is not as united as you think. Look for cracks in the edifice because they are there.



Sagittarius Nov 23-Dec 21: You're revisiting an emotional situation at a time when you are older and wiser. Note the difference and put your experience to good use.



Capricorn Dec 22-Jan 20: A business deal won't move faster because you're obsessing about it. Things that matter, take time. Patience is your wisest investment now.

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NINE

6.00 PAW Patrol. **6.30** Dora. **7.00** Weekend Today. **10.00** The Conversation. **12.30** Hot In Cleveland. (PG) **1.00** The NRL Rookie. (PG) **2.00** Movie: The Black Stallion. (G) (1979) **4.30** Getaway. (PG) **5.00** Election 2016. **6.00** Nine News. **6.30** Election 2016. **10.00** Movie: The Ides Of March. (M) (2011) Ryan Gosling, Philip Seymour Hoffman, George Clooney. A young idealist agrees to help a presidential candidate run for office. **12.00** Movie: Defiance. (M) (2009) Daniel Craig, Liev Schreiber. Refugees hide from the Nazis in a forest. **2.30** Movie: Alien Predators. (M) (1985) Dennis Christopher, Lynn-Holly Johnson. **4.30** Global Shop. **5.00** Leading The Way. (PG) **5.30** Wesley Impact.

GO!

6.00 Children's Programs. **11.00** Dennis & Gnasher. **11.30** Pirate Express. **12.00** Kitchen Whiz. **12.30** Yu-Gi-Oh! (PG) **1.00** Yu-Gi-Oh! (PG) **1.30** Yo-Kai. (PG) **2.00** Wild Kratts. **2.30** Sonic Boom. (PG) **3.00** Power Rangers Dino. (PG) **3.30** Ninjago: Masters Of Spinjitzu. (PG) New. **4.00** Teen Titans. (PG) **4.30** Ben 10. (PG) **5.00** Justice League Unlimited. (PG) **5.30** Batman. (PG) **6.00** Movie: Spy Kids 3-D: Game Over. (PG) (2003) **7.40** Movie: Planet 51. (PG) (2009) **9.30** Movie: The Campaign. (MA15+) (2012) **11.15** Movie: Scary Movie 2. (MA15+) (2001) **12.50** Go Girls. (M) **1.50** Surfing Australia TV. **2.50** Yu-Gi-Oh! (PG) **3.20** Yu-Gi-Oh! (PG) **3.50** Beware The Batman. (M) **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Saturday Disney. **7.00** Weekend Sunrise. **10.00** Morning Show. (PG) **12.00** Road To Rio. **12.30** Olympians: Off The Record. (PG) **1.00** To Be Advised. **2.15** To Be Advised. **4.00** Better Homes. **5.00** Federal Election 2016. **6.00** News. **6.30** Federal Election 2016. Join Mark Riley and Chris Reason for up-to-date and in-depth coverage of the Australian Federal Election. **11.00** Movie: Immortals. (MA15+) (2011) Henry Cavill, Mickey Rourke. A tyrant tries to free the Titans. **1.10** The Dr Oz Show. (M) Dr Oz looks at a respiratory virus. **2.00** Shopping. **4.00** It Is Written. (PG) Religious program. **4.30** Sons And Daughters. (PG) Caroline finds her true vocation. **5.00** The Dr Oz Show. (PG)

7TWO

6.00 Shopping. **8.00** Room For Improvement. **9.00** The Real Seachange. (PG) **10.00** Travel Oz. (PG) **11.30** Dealers. (PG) **12.30** The Great Australian Doorstep. **1.00** Home In WA. **1.30** Tennis. Wimbledon. Highlights. **2.30** Great South East. **3.00** Creek To Coast. **3.30** Qld Weekender. **4.00** WA Weekender. **4.30** Sydney Weekender. **5.00** Road To Rio. A look at Australia's Olympic team. **5.30** Secret Location. (PG) Sunita helps a couple who want to downsize. **6.30** Keeping Up Appearances. (PG) Hyacinth takes Daddy on a picnic. **8.30** Tennis. Wimbledon. Day 6. **12.00** Tennis. Wimbledon. Day 6. Continued. **4.00** Sydney Weekender. **4.30** WA Weekender. **5.00** Survival On A Tropical Isle.

TEN

6.00 Fishing Edge. **6.30** The Home Team. **7.00** RPM. **8.00** Family Feud. **8.30** St10. (PG) **11.00** The Talk. (PG) **12.00** The Talk. (PG) **1.00** Healthy Homes Australia. **1.30** The Doctors. (PG) **2.30** GCB. **3.00** The Renovation King. **3.30** Everyday Gourmet. **4.00** What's Up Down Under. **4.30** Places We Go With Jennifer Adams. **5.00** News. **6.00** Modern Family. (PG) **6.30** Bondi Vet. (PG) Chris Brown treats a turtle. **7.30** To Be Advised. **8.30** Movie: Mission: Impossible – Ghost Protocol. (M) (2011) Tom Cruise, Jeremy Renner, Simon Pegg. A rogue spy pursues a madman. **11.10** Shark Tank. (PG) **12.10** 48 Hours. (M) **1.00** Shopping. **4.30** It Is Written. (PG) **5.00** Hour Of Power.

ONE

6.00 Home Shopping. **8.00** Star Trek: Voyager. (PG) **9.00** Hogan's Heroes. **10.00** World Sport. **10.30** Jake And The Fatman. (PG) **11.30** MacGyver. (PG) **12.30** Walker, Texas Ranger. (PG) **1.30** Diagnosis Murder. (PG) **2.30** M*A*S*H. (PG) **3.30** The Unstoppables. (PG) **4.30** Reel Action. **5.00** Adventure Angler. **5.30** Escape Fishing With ET. **6.00** The Renovation King. **6.30** Last Man Standing. (PG) **7.30** Star Trek: The Next Generation. (PG) **8.30** Zoo. Return. **9.30** Minority Report. (M) **10.30** Crisis. (M) **11.30** Bear Grylls: Mission Survive. (M) **12.30** Bellator MMA. (M) **3.00** RPM. **4.00** Motorcycle Racing. MotoGP. Race 8. Dutch Grand Prix. Replay. From TT Circuit, Assen, Netherlands. **5.30** Whacked Out Sports. (PG)

ABC

6.00 ABC News Breakfast On Election Day. **10.00** Kitchen Cabinet. (PG) **10.35** Kitchen Cabinet. (PG) **11.05** Kitchen Cabinet. (PG) **11.35** Kitchen Cabinet. (PG) **12.10** Kitchen Cabinet. Final. **1.15** Broadchurch. (M) **2.00** Tony Robinson's Time Walks. (PG) **2.30** Supersized Earth. **3.30** Landline. **4.00** Australia Votes: Nationwide Live. **5.00** ABC News On Election Night. **5.30** Australia Votes: Election Night Live. **8.00** Australia Votes: Election Night Live. **9.30** Australia Votes: Election Night Live. **11.00** The Drum: Election After Party. **11.45** Rake. (M) **12.45** Rage. (MA15+) **5.00** Rage. (PG)

ABC2

6.00 Children's Programs. **5.50** Go Jetters. **6.00** Peg + Cat. **6.15** Peter Rabbit. **6.25** Octonauts. **6.40** Ben And Holly. **6.50** Shaun The Sheep. **7.00** Spicks And Specks. (PG) **7.30** Highway Thru Hell. (PG) **8.15** Sammy J's Playground Politics. **8.45** The Chaser's Election Desk. **9.10** Live At The Apollo. (M) **9.55** Comedy Up Late. (MA15+) **10.25** Broad City. (M) **10.50** Adam Hills: The Last Leg. (M) **11.30** Adam Hills: The Last Leg. (M) **12.15** Adam Hills: The Last Leg. (M) **12.55** Adam Hills: The Last Leg. (M) **1.40** Adam Hills: The Last Leg. (MA15+) **2.25** Highway Thru Hell. (PG) **3.10** News Update. **3.15** Close. **5.00** Franklin And Friends. **5.20** The Koala Brothers. **5.30** Bert And Ernie. **5.40** Dorothy The Dinosaur. **5.50** Tilly And Friends.

SBS

6.00 WorldWatch. **2.00** Equestrian. FEI Classics Series. Australian International Three Day Event. **3.00** Food Lovers' Guide To Australia. **3.30** The Journey Of Mankind With Eddie Izzard. (PG) **4.35** Beat The Ancestors. (PG) **5.30** Who Do You Think You Are? (PG) **6.30** SBS World News. **7.30** Hidden Killers Of The Edwardian Home. (PG) **8.30** Cycling. Tour de France. Stage 1. **10.30** Vote 2016: SBS World News Special. **11.00** Cycling. Tour de France. Stage 1. Continued. **2.00** Masters Of Sex. (MA15+) **4.05** Food Lovers' Guide To Australia. **4.35** Polarised. **4.50** Destiny In The Dust. **5.00** CCTV English News. **5.30** NHK World English News. **5.45** France 24 Feature.

SBS2

6.00 WorldWatch. **8.00** Hungarian News. **8.30** Macedonian News. **9.05** Croatian News. **9.40** Serbian News. **10.20** Portuguese News. **11.00** Japanese News. **11.35** Punjabi News. **12.05** Hindi News. **12.30** Dutch News. **1.00** Do Or Die. (PG) **1.30** Do Or Die. (PG) **2.00** Don't Tell My Mother... (PG) **2.30** Don't Tell My Mother... (PG) **3.00** 50 Ways To Kill Your Mummy. (M) **4.00** Celebrity Chef. **5.25** Slum Survivors. (PG) **6.25** Humans Of SBS 2. **6.30** Soccer. UEFA Euro 2016. Highlights. **7.30** If You Are The One. **8.30** Cycling. Tour de France. Stage 1. **2.00** The Island With Bear Grylls. **2.55** Movie: 11.6. (M) (2013) **4.45** CCTV News In English From Beijing. **5.00** Korean News. **5.30** Indonesian News.



MOVIES

8.30pm Last Cab To Darwin (2015) Comedy. (M) *Premiere*
8.30pm Love & Mercy (2015) Drama. (M) *Masterpiece*
10.35pm Trouble With The Curve (2012) Drama. (M) *Masterpiece*

GENERAL

8.25pm The Hype. (PG) *E!*

8.30pm Indian Summers. (M) *BBC First*

8.30pm Winners & Losers. (M) *SoHo*

DOCUMENTARY

7.30pm Where The Wild Men Are With Ben Fogle. (M) *BBC Knowledge*

7.30pm Rhino Orphanage. (PG) *National Geographic Wild*

7.30pm Slow Train Through Africa With Griff Rhys Jones. (PG) *History*

SPORT

5.20pm Netball.

ANZ Championship.

Round 14. Swifts v Steel. *Fox Sports 3*

5.30pm Rugby Union. Super Rugby.

Round 15. Hurricanes v Blues. *Fox Sports 2*

7.00pm Football. AFL. Carlton v Collingwood. *Fox Footy*

7.30pm Rugby League. NRL. Sharks v Eels. *Fox Sports 1*

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

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NINE

6.00 PAW Patrol. **6.30** Dora The Explorer. **7.00** Weekend Today. **10.00** Wide World Of Sports. (PG) **11.00** NRL Sunday Footy Show. (PG) **1.00** Maroon Zone. (PG) **1.30** Rugby League. QRL. Intrust Super Cup. Round 17. North Sydney Devils v Easts Tigers. From Bishop Park, Brisbane. **3.30** Rugby League. NRL. Round 17. South Sydney Rabbitohs v North Queensland Cowboys. From Barlow Park, Queensland. **6.00** Nine News. **7.00** The Voice. (PG) **9.00** 60 Minutes. **10.00** See No Evil. (M) **11.00** Major Crimes. (MA15+) **12.00** Constantine. New. **1.00** Step Dave. (M) **2.00** The Baron. (PG) **3.00** Global Shop. **3.30** Skippy The Bush Kangaroo. **4.00** Good Morning America: Sunday. **5.00** News Early Edition. **5.30** Today.

GO!

6.00 Children's Programs. **12.30** SpongeBob. **1.00** Yu-Gi-Oh! (PG) **1.30** Yo-Kai. (PG) **2.00** LEGO Friends. **2.30** Nexo Knights. (PG) **3.00** Yu-Gi-Oh! (PG) **3.30** Ninjago: Masters Of Spinjitzu. (PG) **4.00** Teen Titans. (PG) **4.30** Power Rangers Dino. (PG) **5.00** Justice League Unlimited. (PG) **5.30** Movie: Agent Cody Banks 2: Destination London. (PG) (2004) **7.30** Movie: Ferris Bueller's Day Off. (PG) (1986) **9.40** Movie: The Hangover Part III. (MA15+) (2013) **11.40** Two And A Half Men. (M) **12.05** The NRL Rookie. (PG) **1.00** Surfing Australia TV. **1.30** Ben 10. (PG) **2.00** Wild Kratts. **2.30** Yo-Kai. (PG) **3.00** Yu-Gi-Oh! (PG) **3.30** SpongeBob. **4.00** Beware The Batman. (M) **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Doc McStuffins. **6.30** The Lion Guard. **7.00** Weekend Sunrise. **10.00** Morning Show. (PG) **12.00** Disneyland 60. **2.00** Movie: Guarding Tess. (PG) (1994) **4.00** Better Homes. **5.00** News. **5.30** Great South East. **6.00** News. **7.00** House Rules. (PG) Final. Hosted by Johanna Griggs. **8.40** Sunday Night. Current affairs program, hosted by Melissa Doyle. **9.45** Bones. (M) The team investigates the death of the leader of the Lynwood University male a capella singing group. **10.45** Bones. (M) **11.45** Castle. (M) A record store clerk is murdered. **12.45** Beauty And The Geek Australia. (PG) **2.00** Shopping. **3.30** Harry's Practice. **4.00** NBC Press. **5.00** News. **5.30** Sunrise.

7TWO

6.00 Shopping. **6.30** Amazing Facts. (PG) **7.00** Tomorrow's World. (PG) **7.30** Leading The Way. (PG) **8.00** David Jeremiah. (PG) **8.30** It Is Written Oceania. (PG) **9.00** Shopping. **9.30** Best Houses Australia. (PG) **10.00** Home And Away Catch-Up. (PG) **12.30** Dealers. (PG) **2.00** Best Houses Australia. **2.30** Tennis. Wimbledon. Highlights. **3.30** Motorway Patrol. (PG) **4.00** Escape To The Country. **6.00** Mighty Ships. **7.00** For The Love Of Dogs. (PG) **7.30** Border Patrol. (PG) **8.00** Motorway Patrol. (PG) **8.30** Escape To The Country. **9.30** Escape To The Continent. A look at homes. **10.45** Mighty Ships. **11.45** Escape To The Country. **1.45** Motorway Patrol. (PG) **2.45** Dr Oz. (PG) **4.45** Amazon To Ice.

TEN

6.00 Mass. **6.30** Hillsong. **7.00** Joseph Prince. **7.30** Joel Osteen. **8.00** GCBC. **8.30** St10. (PG) **11.00** The Talk. (PG) **12.00** Netball. ANZ Championship. Round 14. Queensland Firebirds v West Coast Fever. **2.00** The Offroad Adventure Show. **3.00** iFish. **3.30** RPM GP. **4.00** RPM. **5.00** News. **6.00** Family Feud: Sunday. Hosted by Grant Denyer. **6.30** Modern Family. (PG) **7.00** Modern Family. (PG) **7.30** MasterChef Aust. In the invention test, the contestants must choose between three of the hardest dishes from previous seasons. **9.00** Movie: The Other Woman. (M) (2014) Cameron Diaz, Leslie Mann. **11.15** To Be Advised. **12.15** Limitless. (M) Final. **1.15** 48 Hours. (M) **2.00** Shopping. **4.00** James Robison. (PG) **4.30** CBS Morning.

ONE

6.00 Shopping. **8.00** Rugby Union. Super Rugby. Round 15. Brumbies v Queensland Reds. Replay. **10.00** Healthy Homes Australia. **10.30** Reel Action. **11.00** Temporary Australians. **11.30** 4x4 Adventures. **12.30** Undercover Boss. **1.30** ST: Next Gen. **2.30** World Sport. **3.00** Loaded. **4.00** Megacities. **5.00** What's Up Down Under. **5.30** iFish. **6.00** Family Feud. **6.30** M*A*S*H. **7.30** Russell Coight's All Aussie Adventures. **8.30** Chopper's Republic Of Anzakistan. **9.00** Last Man Standing. **9.30** Melbourne International Comedy Festival Great Debate. **11.00** The Unstoppables. **12.00** World Sport. **12.30** The Killing. **1.30** RPM GP. **2.00** RPM. **3.00** River To Reef. **3.30** Adventure Angler. **4.00** Operation Repo. **5.00** Temporary Australians. **5.30** Whacked Out Sports.

ABC

6.00 Rage. (PG) **7.00** Weekend Breakfast. **9.00** Insiders: The Verdict. **10.30** Offenders. **11.00** Australia Vide. **11.30** Praise. **12.00** Landline. **1.00** Gods Of Wheat Street. (M) **1.55** Art + Soul. **3.00** Redfern Story. (PG) **4.00** Book Club. **4.30** David Attenborough's Galapagos. **5.30** The Drum: Australia Votes Special. **6.00** Surfing The Menu: The Next Generation. (PG) **6.30** Compass. **7.00** News. **8.00** The Queen At Ninety. **9.30** Billy Connolly's Big Send Off. (M) **10.20** Nan And A Whole Lot Of Trouble. (M) **10.30** MAD AS HELL. (PG) **11.00** Movie: Mad Bastards. (M) (2010) **12.35** By Any Means. (M) **1.35** Surfing The Menu: The Next Generation. (PG) **2.05** Rage. (MA15+) **3.40** Billy Connolly's Big Send Off. (M) **4.30** Insiders: The Verdict.

ABC2

6.00 Children's Programs. **5.20** Peter Rabbit. **5.50** Go Jetters. **6.00** Peg + Cat. Final. **6.15** Peter Rabbit. **6.25** Octonauts. **6.40** Ben And Holly. Final. **6.50** Shaun The Sheep. **7.00** Spicks And Specks. (PG) **7.30** Seconds From Disaster. (PG) **8.20** The Daters. (M) **8.30** Michael McIntyre's Comedy Roadshow. (M) **9.15** Louis Theroux: Law And Disorder In Johannesburg. (M) **10.15** Can Have Sex, Will Have Sex. (MA15+) **11.05** Buzzcocks. (M) **11.35** Ai Weiwei: Never Sorry. (M) **1.05** Seconds From Disaster. (PG) **1.55** The Home Show. **2.45** News Update. **2.50** Close. **5.00** Franklin And Friends. **5.20** The Koala Brothers. **5.30** Bert And Ernie. **5.40** Dorothy The Dinosaur. **5.50** Tilly And Friends.

SBS

6.00 WorldWatch. **7.00** Tour De France: Daily Update. **8.10** WorldWatch. **11.00** Spanish News. **12.00** Arabic News. **12.30** Turkish News. **1.00** Cycling. Tour de France. Stage 1. Replay. **3.00** The Bowls Show. **4.00** Speedweek. **5.00** Cycling. Tour de France. Stage 1. Highlights. **6.00** Grand Tours. Final. **6.30** SBS World News. **7.35** Lost City Of The Pharaohs. (PG) **8.30** Neil Oliver: The Search For Alfred The Great. **9.30** Cycling. Tour de France. Stage 2. **2.00** Movie: An Earthly Paradise For The Eyes. (M) (2009) **4.05** Food Lovers' Guide To Australia. **4.40** How The Light Gets In. (PG) **4.55** Destination Flavour Bitesize. **5.00** CCTV English News. **5.30** NHK World English News. **5.45** France 24 Feature.

SBS2

6.00 WorldWatch. **9.00** PopAsia. (PG) **10.00** WorldWatch. **11.35** Punjabi News. **12.05** Hindi News. **12.30** Dutch News. **1.00** Movie: Mamma Gogo. (PG) (2010) **2.30** Friday Feed. **3.00** Cycling. Tour de France. Stage 1. Replay. **5.00** Space Dandy. (PG) **5.25** Humans Of SBS 2. (PG) **5.30** Soccer. UEFA Euro 2016. Highlights. **6.35** Ninja Warrior Sweden. **7.30** If You Are The One. **8.30** Drunk History UK. (M) **9.00** South Park. (M) **9.25** South Park. (M) **9.50** Full Frontal With Samantha Bee. (M) **10.20** Sex Box USA. (M) **11.10** Shot By Kern. (MA15+) **11.40** Manda Balu (Send A Bullet) (M) **1.15** Movie: I Want You. (MA15+) (2012) **3.30** CCTV News In English From Beijing. **5.00** Korean News. **5.30** Indonesian News.



MOVIES

6.50pm A Tale Of Love And Darkness (2015) Biography. (M) **World Movies**
8.30pm Southpaw (2015) Drama. (MA15+) **Premiere**
8.30pm Stand By Me (1986) Drama. (M) **Masterpiece**

GENERAL

7.30pm Outlander. (MA15+) **SoHo**
8.30pm Bob's Burgers. (MA15+) **Comedy Channel**
8.30pm Strike Back. (MA15+) **FOX8**
DOCUMENTARY
6.00pm Royal Secrets. (PG) **History**
7.30pm Crimes That Shook Australia. (M) **Crime & Investigation**

8.30pm Doctor In Your House. **Lifestyle**
SPORT

6.00am Golf. USPGA Tour. WGC-Bridgestone Invitational. Third round. **Fox Sports 3**
2.00pm Rugby League. NRL. Round 17. Canberra Raiders v Newcastle Knights. **Fox Sports 1**
2.15pm Netball. ANZ Championship. Round 14. Waikato Bay of Plenty Magic v Adelaide Thunderbirds. **Fox Sports 3**
3.00pm Football. AFL. Melbourne v Adelaide. **Fox Footy**

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

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Shopkeeper Verbal abuse

In today's society people of all walks in life are confronted with abuse, be it elderly abuse, child and many others.

Last Saturday at the local shopping centre I bought a selection of cold meat items. I was sold a faulty product (off and smelly) which I was trying to return in due course.

In doing so, abuse was shouted at me. I was told to go away and I was a troublemaker, so far as to telling me in a rather forceful voice, never to come back again (did he mean his shop or the shopping centre?)

You may be the owner of this shop, but to hurl abuse in public at me was uncalled for (it was you who sold me meat unfit for human consumption). No man should ever speak to a woman in this manner, it was verbal abuse and to me you are a mouse, not a man.

Yes I did report this to the shopping centre retail manager as there is a code of conduct and ethics in place when one is dealing with the public

For your information you portrayed your self as rude and obnoxious in front of all the customers present at the time. My advice for you would be to attend classes for your anger management.

A proud Queenslander who does not condone verbal abuse.

Kindness in the Carpark

To the person who found my credit card in the PetStock carpark a few months ago and returned it to the store - my belated thanks.

To the lady who found my credit card recently in the Masters carpark and returned it to the store, my grateful thanks.

Behold, there are some decent and honourable people in this world!

KH, North Lakes resident

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NINE

6.00 Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** The Ellen DeGeneres Show. (PG) **1.00** Love Child. (PG) **2.00** The Briefcase. (PG) **3.00** News Now. **4.00** Afternoon News. **5.30** Millionaire Hot Seat. **6.00** Nine News. **7.00** A Current Affair. **7.30** The Briefcase. (PG) **8.40** Love Child. (M) **9.40** Amazing Medical Stories. (M) **10.40** The Women With The World's Biggest Hips. (M) **11.40** Community. (PG) **12.10** The Brokenwood Mysteries. (M) **2.00** Danoz Direct. **2.30** Global Shop. **3.00** Extra. **3.30** Good Morning America. **5.00** News Early Edition. **5.30** Today.

GO!

6.00 Children's Programs. **1.30** Sooty. **2.00** Sonic Boom. (PG) **2.30** SpongeBob. **3.00** Rabbids Invasion. (PG) **3.30** Yo-Kai. (PG) **4.00** Kids' WB. (PG) **4.05** The Looney Tunes Show. **4.30** Gumball. **5.00** Clarence. New. **5.30** Teen Titans Go! (PG) **6.00** Regular Show. Return. **6.30** Adv Time. (PG) Return. **7.00** The Middle. (PG) **7.30** Auction Hunters. (PG) **8.00** Top Gear. (PG) **9.30** Movie: Walking Tall. (M) (2004) **11.10** The NRL Rookie. (PG) **12.10** Adv Time. (PG) **12.40** Regular Show. **1.05** Teen Titans Go! (PG) **1.30** Batman. (PG) **2.00** Rabbids Invasion. (PG) **2.30** Sooty. **3.00** Yo-Kai. (PG) **3.30** Yu-Gi-Oh! (PG) **4.00** Power Rangers Dino. (PG) **4.30** Sonic Boom. (PG) **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning Show. (PG) **11.30** News. **12.00** Movie: The Brooke Ellison Story. (PG) (2004) **2.00** The Daily Edition. **3.00** The Chase. **4.00** News. **5.00** The Chase Australia. **6.00** News. **7.00** Home And Away. (PG) Leah struggles with VJ's decision. **7.30** Highway Patrol. (PG) Police are suspicious of a ute. **8.00** Highway Patrol. (PG) Police are taken aback at the reaction from a bike rider who refuses to wear his helmet. **8.30** Movie: Guardians Of The Galaxy. (M) (2014) Chris Pratt, Zoe Saldana. A brash adventurer steals a mysterious orb. **11.00** Car Crash TV. (PG) **11.30** Grey's Anatomy. (M) **12.30** Packed To The Rafters. (PG) **1.30** Harry's Practice. **2.00** Shopping. **4.00** NBC Today. **5.00** News. **5.30** Sunrise.

7TWO

6.00 Shopping. **7.00** Flushed. **7.30** It's Academic. **8.00** Pipsqueaks. **8.30** Harry's Practice. **9.00** Home And Away: The Early Years. (PG) **9.30** NBC Today. **10.30** NBC Press. **11.30** Escape To The Country. **12.30** Mr Selfridge. (PG) **2.00** Dealers. (PG) **3.00** Last Chance Learners. (PG) **3.30** World's Strictest Parents. (PG) **4.30** 60 Minute Makeover. (PG) **6.30** Bargain Hunt. Tim discovers a house full of treasures. **7.30** Cities Of The Underworld. (PG) Host Eric Geller uncovers the hidden history and structures which lie buried beneath cities around the world. **8.30** Tennis. Wimbledon. Day 7. **12.00** Tennis. Wimbledon. Day 7. Continued. **4.00** Harry's Practice. **4.30** Room For Improvement. **5.00** Dealers. (PG)

TEN

6.00 Ent. Tonight. **6.30** Everyday Health. (PG) **7.00** Ben's Menu. **7.30** Bold. (PG) **8.00** Family Feud. **8.30** Studio 10. (PG) **11.00** The Talk. **12.00** Dr Phil. (PG) **1.00** MasterChef Aust. **2.40** Everyday Health. (PG) **3.10** Judge Judy. (PG) **3.40** GCBC. **4.00** Everyday Gourmet. **4.30** Bold. **5.00** News. **6.00** Family Feud. **6.30** The Project. **7.30** MasterChef Aust. **8.40** Have You Been Paying Attention? (M) Guests include Ed Kavalee, Anthony "Lehmo" Lehmann, Cal Wilson, Jane Kennedy and Santo Cilauro. **9.40** NCIS: New Orleans. (M) **10.40** Elementary. (M) **11.00** The Project. **12.30** The Late Show With Stephen Colbert. (PG) **1.30** Shopping. **4.00** James Robison. (PG) **4.30** CBS Morning.

ONE

6.00 Shopping. **8.00** RPM. **9.00** David Attenborough's Madagascar. **10.00** M*A*S*H. (PG) **11.30** Hogan's Heroes. **12.00** Raising Hope. (PG) **1.00** The Millers. (PG) **2.00** Dads. (PG) **3.00** Jake And The Fatman. (PG) **4.00** Diagnosis Murder. (PG) **5.00** Star Trek: Voyager. (PG) **6.00** Family Feud. **6.30** M*A*S*H. (PG) **7.30** Undercover Boss. (M) **8.30** Undercover Boss. (PG) **9.30** Motor Racing. Formula 1. Race 9. Austrian Grand Prix. From Red Bull Ring, Spielberg, Austria. **10.30** Chopper's Republic Of Anzakistan. (MA15+) **11.00** Wilfred. (MA15+) **11.30** Super Rugby Extra Time. **12.30** Shopping. **2.00** Diagnosis Murder. (PG) **3.00** Jake And The Fatman. (PG) **4.00** Hogan's Heroes. **5.00** The Doctors. (M)

ABC

6.00 ABC News Breakfast. **9.00** ABC News Mornings. **10.00** Landline. **11.00** Compass. **11.30** Eggheads. **12.00** News At Noon. **1.00** The Gods Of Wheat Street. (M) **1.55** The Queen At Ninety. **3.25** The Bill. (PG) **4.10** Murder, She Wrote. (PG) **5.00** ABC News: Early Edition. **5.30** The Drum. **6.00** Antiques Roadshow. **7.00** ABC News. **7.30** 7.30. **8.00** Australian Story. **8.30** Four Corners. **9.20** Media Watch. (PG) **9.35** Q&A. **10.40** Lateline. **11.10** The Business. **11.30** Golf. PGA Tour. Barracuda Championship. Highlights. From Montreux Golf and Country Club, Reno, Nevada. **12.25** 88. (M) **1.25** The Mix. **1.55** Rage. (MA15+) **4.35** Eggheads. **5.05** The Bill. (PG)

ABC2

6.00 Children's Programs. **4.45** Sydney Sailboat. **5.00** Tree Fu Tom. **5.25** Sarah And Duck. **5.35** Hoot Hoot Go! **5.40** Peppa Pig. **5.50** Go Jetters. **6.00** Hey Duggee. **6.10** Octonauts. **6.20** Peter Rabbit. **6.35** Teacup Travels. New. **6.50** Shaun The Sheep. **7.00** Spicks And Specks. (PG) **7.30** Doctor Who. (PG) **8.30** Louis Theroux's Weird Weekends. (M) **9.20** Ross Kemp's Britain. (M) **10.05** Adam Hills: The Last Leg. (M) **10.50** Jimmy Fallon. (M) **11.30** Michael McIntyre's Comedy Roadshow. (M) **12.15** Doctor Who. (PG) **1.20** Jimmy Fallon. (M) **2.00** News Update. **2.05** Close. **5.00** Franklin And Friends. **5.20** The Koala Brothers. **5.30** Bert And Ernie. **5.40** Dorothy The Dinosaur. **5.50** Tilly And Friends.

SBS

6.00 WorldWatch. **7.00** Tour De France: Daily Update. **8.10** WorldWatch. **11.00** Spanish News. **12.00** Arabic News. **12.30** Turkish News. **1.00** Cycling. Tour de France. Stage 2. Replay. **3.00** Hair Bikers' Asian Adventure. (PG) **4.00** This Is Brazil! **5.00** Cycling. Tour de France. Stage 2. Highlights. **6.00** Nigella Bites. **6.30** SBS World News. **7.30** Michael Mosley: Wonderful World Of Blood. (PG) **8.30** The Island With Bear Grylls. (M) **9.30** SBS World News Late Edition. **10.00** Cycling. Tour de France. Stage 3. **2.00** Man Down. (M) **2.30** Man Down. (M) **2.55** 24 Hours In Emergency. (M) **3.50** 24 Hours In Emergency. (M) **4.50** Spine. (MA15+) **5.00** CCTV English News. **5.30** NHK World English News.

SBS2

6.00 WorldWatch. **11.00** Japanese News. **11.35** Punjabi News. **12.05** Hindi News. **12.30** Dutch News. **1.00** Urdu News. **1.30** Tamil News. **2.00** Thai News. **2.30** Sri Lankan Sinhalese News. **3.00** Cycling. Tour de France. Stage 2. Replay. **5.00** House Hazards. (PG) **5.25** If You Are The One. **6.25** Humans Of SBS 2. **6.30** Soccer. UEFA Euro 2016. Highlights. **7.30** The Feed. **8.00** Human Resources. **8.30** Awkward. (M) **8.55** Faking It. (M) **9.25** Movie: Midnight Express. (1978) **11.40** Movie: Cell 211. (MA15+) (2009) **1.40** The Feed. **2.10** Assassination Classroom. (PG) **2.35** Assassination Classroom. (PG) **3.05** RuPaul's All Stars Drag Race. (M) **4.00** RT News In English From Moscow. **5.00** Korean News. **5.30** Indonesian News.



MOVIES

6.55pm Downfall (2004) Biography. Bruno Ganz, Alexandra Maria Lara. (MA15+) World Movies
8.30pm The Walk (2015) Biography. Joseph Gordon-Levitt, Charlotte Le Bon. (PG) Masterpiece
8.30pm About A Boy (2002) Drama. Hugh Grant, Nicholas Hoult. (M) Romance
GENERAL
8.30pm The Kettering Incident. Showcase
9.30pm The Following. (MA15+) FX
9.30pm Father Brown. A body is discovered at a vineyard. (M) UKTV
DOCUMENTARY
8.30pm Top Gear. (M) BBC Knowledge
8.30pm The Food Chain. Lifestyle Food
9.30pm MasterChef: The Professionals. (PG) Lifestyle Food
SPORT
5.50pm Netball. ANZ Championship. Round 14. Central Pulse v Melbourne Vixens. Fox Sports 3
7.00pm Rugby League. NRL. Round 17. Manly Sea Eagles v St George Illawarra Dragons. Fox Sports 1
8.30pm Tennis. Wimbledon. Day 7. Fox Sports 4

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

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NINE

6.00 Today. **9.00** Today Extra. (PG)
11.30 Morning News. **12.00** The
 Ellen DeGeneres Show. (PG) **1.00**
 Movie: The NeverEnding Story
 II: The Next Chapter. (G) (1990)
 Jonathan Brandis, Kenny Morrison,
 Clarissa Burt. A boy returns to
 the magical world he once saved
 to battle a sorceress. **3.00** News
 Now. **4.00** Afternoon News. **5.30**
 Millionaire Hot Seat. **6.00** Nine
 News. **7.00** A Current Affair.
7.30 20 To One. **8.30** Britain's
 Got Talent. (PG) **10.30** 2 Broke
 Girls. (M) **11.00** 2 Broke Girls. (M)
11.30 A To Z. (PG) **12.00** 20/20.
1.00 Extra. **1.30** Danzo Direct.
2.30 Global Shop. **3.00** Skippy
 The Bush Kangaroo. **3.30** Good
 Morning America. **5.00** News Early
 Edition. **5.30** Today.

GO!

6.00 Children's Programs. **12.30**
 Batman. (PG) **1.00** Power Rangers.
 (PG) **1.30** Sooty. **2.00** Sonic
 Boom. (PG) **2.30** SpongeBob.
3.00 Rabbids Invasion. (PG) **3.30**
 Yo-Kai. (PG) **4.00** Kids' WB. (PG)
4.05 The Looney Tunes Show.
4.30 Gumball. **5.00** Clarence.
5.30 Teen Titans Go! (PG) **6.00**
 Regular Show. **6.30** Adv Time.
 (PG) **7.00** The Middle. (PG) **7.30**
 The NRL Rookie. (PG) **8.30** Best
 Ink. (M) **10.30** Tattoo Fixers. (M)
11.30 South Beach Tow. (M) **12.00**
 American Digger. (PG) **12.30** Adv
 Time. (PG) **1.00** Regular Show.
1.30 Batman. (PG) **2.00** Rabbids
 Invasion. (PG) **2.30** Sooty. **3.00**
 Yo-Kai. (PG) **3.30** Yu-Gi-Oh!
 (PG) **4.00** Power Rangers Dino.
 (PG) **4.30** Sonic Boom. (PG) **4.50**
 Thunderbirds. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning
 Show. (PG) **11.30** News. **12.00**
 Movie: Two Against Time. (PG)
 (2002) **2.00** The Daily Edition.
3.00 The Chase. **4.00** News.
5.00 The Chase Australia. **6.00**
 News. **7.00** Home And Away.
 (PG) Tori's feelings for Nate grow.
7.30 Puppies Make You Laugh
 Out Loud. (PG) A compilation of
 puppy-themed videos. **8.30**
 Winners & Losers. (M) Return.
 Jenny and Gabe's windfall is
 bringing her no peace of mind.
9.30 Kiss Bang Love. (PG) Final.
 Blindfolded contestants kiss
 12 potential partners, to help
 them decide who to take on a
 romantic getaway. **10.40** Tennis.
 Wimbledon. Day 8. Women's
 singles quarter-finals. **4.00** NBC
 Today. **5.00** News. **5.30** Sunrise.

7TWO

6.00 Shopping. **7.00** Flushed. **7.30**
 It's Academic. **8.00** Pipsqueaks.
8.30 Harry's Practice. **9.00** Home
 And Away: The Early Years. (PG)
9.30 NBC Today. **12.00** Motorway
 Patrol. (PG) **1.00** Mr Selfridge.
 (PG) **2.00** Dealers. (PG) **3.00**
 Last Chance Learners. (PG) **3.30**
 World's Strictest Parents. (PG)
4.30 60 Minute Makeover. (PG)
6.30 Bargain Hunt. A bidding
 frenzy erupts at an auction. **7.30**
 A Touch Of Frost. (M) Inspector
 Frost goes in search of a missing
 girl. **10.00** Tennis. Wimbledon.
 Day 8. Women's singles quarter-
 finals. **10.40** Olympians: Off The
 Record. (PG) **11.10** Mighty Planes.
12.10 Motorway Patrol. (PG) **1.40**
 Bargain Hunt. **3.00** Dealers. (PG)
4.00 World's Strictest Parents. (PG)
5.00 Dr Oz. (PG)

TEN

6.00 Ent. Tonight. **6.30** Everyday
 Health. (PG) **7.00** Ben's Menu.
7.30 Bold. **8.00** Family Feud.
8.30 Studio 10. (PG) **11.00** The
 Talk. **12.00** Dr Phil. (PG) **1.00**
 MasterChef Aust. **2.10** Ent.
 Tonight. **2.40** Everyday Health.
 (PG) **3.10** Judge Judy. (PG) **3.40**
 GCBC. **4.00** Everyday Gourmet.
4.30 Bold. **5.00** News. **6.00**
 Family Feud. **6.30** The Project.
7.30 MasterChef Aust. **8.40** NCIS.
 Gibbs and the team join forces
 with the FBI and MI6 to pursue an
 escaped former British spy. **9.40**
 NCIS: LA. (M) Sam and Callen
 go undercover as firefighters.
10.40 NCIS: LA. (M) **11.30** The
 Project. **12.30** The Late Show
 With Stephen Colbert. (PG) **1.30**
 Shopping. **4.00** James Robison.
 (PG) **4.30** CBS Morning.

ONE

6.00 Home Shopping. **8.00**
 Super Rugby Extra Time. **9.00**
 Megacities. (PG) **10.00** M*A*S*H.
 (PG) **11.00** Hogan's Heroes.
12.00 Raising Hope. (PG) **1.00**
 The Millers. (PG) **2.00** Dads. (PG)
3.00 Jake And The Fatman. (PG)
4.00 Super Rugby Extra Time.
5.00 Star Trek: Voyager. (PG) **6.00**
 Family Feud. **6.30** M*A*S*H. (PG)
7.30 48 Hours. (M) **8.30** Movie:
 Runaway Jury. (M) (2003) John
 Cusack, Gene Hackman, Dustin
 Hoffman, Rachel Weisz. **11.00**
 Bear Grylls: Mission Survive. (M)
12.00 The Americans. (M) **1.00**
 Home Shopping. **2.00** Star Trek:
 Voyager. (PG) **3.00** Jake And The
 Fatman. (PG) **4.00** Hogan's Heroes.
5.00 The Doctors. (M)

ABC

6.00 ABC News Breakfast. **9.00**
 ABC News Mornings. **10.00** Four
 Corners. **10.45** Media Watch. (PG)
11.00 Outback ER. (PG) **11.30**
 Eggheads. **12.00** News At Noon.
1.00 The Gods Of Wheat Street.
 (M) **1.55** Antiques Roadshow.
2.55 Wild Kitchen With Clayton
 Donovan. **3.20** The Bill. (PG)
4.10 Murder, She Wrote. (PG)
5.00 ABC News: Early Edition.
5.30 The Drum. **6.00** Antiques
 Roadshow. **7.00** ABC News. **7.30**
7.30 **8.00** Catalyst. (PG) **8.30**
 How To Stay Young. **9.30** Foreign
 Correspondent. **10.00** The Book
 Club. **10.30** Lateline. **11.05** The
 Business. **11.20** Q&A. **12.25**
 Ripples From Wave Hill. (PG) **1.15**
 Rage. (MA15+) **3.35** How To Stay
 Young. **4.35** Eggheads. **5.05** The
 Bill. (PG)

ABC2

6.00 Children's Programs. **5.25**
 Sarah And Duck. **5.35** Hoot Hoot
 Go! **5.40** Peppa Pig. **5.50** Go
 Jetters. **6.00** Hey Duggee. **6.10**
 Octonauts. **6.20** Peter Rabbit.
6.35 Teacup Travels. **6.50** Shaun
 The Sheep. **7.00** Spicks And
 Specks. (PG) **7.30** Doctor Who.
 (PG) **8.45** Good Game. (M) **9.15**
 Black Comedy. (M) **9.45** Over-
 Represented: A Vice Special On
 Indigenous Incarceration. (M)
10.30 Adam Hills: The Last Leg.
 (M) **11.15** Jimmy Fallon. (M) **11.55**
 Ross Kemp's Britain. (M) **12.45**
 Doctor Who. (PG) **2.00** Jimmy
 Fallon. (M) **2.45** News Update.
2.50 Close. **5.00** Franklin And
 Friends. **5.20** The Koala Brothers.
5.30 Bert And Ernie. **5.40**
 Dorothy The Dinosaur. **5.50** Tilly
 And Friends.

SBS

6.00 WorldWatch. **7.00** Tour De
 France: Daily Update. **8.10** Filipino
 News. **8.40** French News. **9.30**
 Greek News From Cyprus. **10.30**
 German News. **11.00** Spanish
 News. **12.00** Arabic News. **12.30**
 Turkish News. **1.00** Cycling. Tour
 de France. Stage 3. Replay. **3.00**
 Years Of Living Dangerously. (PG)
4.00 Bill Bailey's Jungle Hero. **5.00**
 Cycling. Tour de France. Stage
 3. Highlights. **6.00** Nigella Bites.
6.30 SBS World News. **7.30** Great
 Continental Railway Journeys.
8.30 Insight. **9.30** Dateline. **10.00**
 Cycling. Tour de France. Stage
 4. **2.00** Magic Mushrooms. **3.00**
 One Born Every Minute. (M) **3.55**
 One Born Every Minute. (M) **4.55**
 Destination Flavour Bitesize. **5.00**
 CCTV English News. **5.30** NHK
 World English News.

SBS2

6.00 WorldWatch. **12.30** Dutch
 News. **1.00** Urdu News. **1.30**
 Tamil News. **2.00** Thai News. **2.30**
 Sri Lankan Sinhalese News. **3.00**
 Cycling. Tour de France. Stage
 3. Replay. **5.00** House Hazards.
 (PG) **5.30** If You Are The One.
6.30 Humans Of SBS 2. **6.35** 30
 Rock. (PG) **7.05** 30 Rock. (PG)
7.30 The Feed. **8.00** Full Frontal
 With Samantha Bee. (M) **8.30**
 Prison Brides. **9.25** Walk Of Shame
 Shuttle. **9.50** Walk Of Shame
 Shuttle. **10.20** Bad Bridesmaid.
 New. **11.10** South Park. (M) **11.40**
 The Feed. **12.10** The Returned.
 (MA15+) **1.15** The Returned.
 (MA15+) Final. **2.30** @midnight.
 (MA15+) **3.00** @midnight.
 (MA15+) **3.30** France 24 News In
 English From Paris. **5.00** Korean
 News. **5.30** Indonesian News.



MOVIES

8.30pm Vacation
 (2015) Comedy. Ed
 Helms, Christina
 Applegate, Chevy
 Chase. A loving
 father decides to
 re-create a family
 road trip he took
 as a child with his
 own wife and kids.
 (MA15+) **Premiere**
10.15pm Ricki
And The Flash
 (2015) Comedy.
 Meryl Streep, Rick
 Springfield. (PG)
Premiere
10.20pm Mystic
River (2003) Drama.
 Sean Penn, Tim
 Robbins. (MA15+)
Masterpiece
GENERAL
8.30pm Winter. (M)
13th Street
8.30pm
Wentworth.
 (MA15+) **SoHo**
9.20pm The Good
Wife. (M) **SoHo**
DOCUMENTARY
7.30pm Naked
And Afraid Pop-
Up Edition. (M)
Discovery
8.30pm My Big
Fat Wedding. (PG)
Lifestyle You
8.30pm Donna Hay:
Basics To Brilliance.
 (PG) **Lifestyle Food**
SPORT
6.30pm NRL 360.
Fox Sports 1
8.30pm Open Mike.
Fox Footy
10.00pm Tennis.
 Wimbledon. Day 8.
Fox Sports 4

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

0507

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NINE

6.00 Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** The Ellen DeGeneres Show. (PG) **1.00** Britain's Got Talent. (PG) **3.00** News Now. **4.00** Afternoon News. **5.30** Millionaire Hot Seat. **6.00** Nine News. **7.00** A Current Affair. **7.30** David Attenborough's The Hunt. (PG) **8.40** The NRL Footy Show. (M) **10.40** The NRL Rookie. (PG) **11.40** The AFL Footy Show. (M) **1.30** Danoz Direct. **2.30** Extra. **3.00** Global Shop. **3.30** Good Morning America. **5.00** News Early Edition. **5.30** Today.

GO!

6.00 Children's Programs. **12.30** Batman. (PG) **1.00** Power Rangers. (PG) **1.30** Sooty. **2.00** Sonic Boom. (PG) **2.30** SpongeBob. **3.00** Rabbids Invasion. (PG) **3.30** Yo-Kai. (PG) **4.00** Kids' WB. (PG) **4.05** The Looney Tunes Show. **4.30** Gumball. **5.00** Clarence. **5.30** Teen Titans Go! (PG) **6.00** Regular Show. **6.30** Adv Time. (PG) **7.00** The Middle. (PG) **7.30** Big Bang. (PG) **8.30** Movie: Lethal Weapon 2. (M) (1989) **10.50** Ghost Town Gold. (PG) **11.50** American Digger. (PG) **12.20** Adv Time. (PG) **12.50** GO Surround Sound. **1.00** Regular Show. **1.30** Batman. (PG) **2.00** Rabbids Invasion. (PG) **2.30** Sooty. **3.00** Yo-Kai. (PG) **3.30** Yu-Gi-Oh! (PG) **4.00** Power Rangers. (PG) **4.30** Sonic Boom. (PG) **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning Show. (PG) **11.30** News. **12.00** Movie: Expecting Amish. (PG) (2014) **2.00** The Daily Edition. **3.00** The Chase. **4.00** News. **5.00** The Chase Australia. **6.00** News. **7.00** Home And Away. (PG) **7.30** Border Security: International. (PG) At the baggage hall in Vancouver, the sniffer dogs are on the hunt for contraband. **8.30** Criminal Minds. (M) The unit searches for a killer who has left two victims at truck stop restrooms in the Deep South. **9.30** Criminal Minds. (M) Agent Hotchner revisits the first case he worked with the unit after a deadly serial killer resurfaces. **10.30** Tennis. Wimbledon. Day 9. Men's singles quarter-finals. **4.00** NBC Today. **5.00** News. **5.30** Sunrise.

7TWO

6.00 Shopping. **7.00** Flushed. **7.30** It's Academic. **8.00** Pipsqueaks. **8.30** Harry's Practice. **9.00** Home And Away: The Early Years. (PG) **9.30** NBC Today. **12.00** Motorway Patrol. (PG) **1.00** Mr Selfridge. (PG) **2.00** Dealers. (PG) **3.00** Medical Emergency. (PG) **3.30** World's Strictest Parents. (PG) **4.30** 60 Minute Makeover. (PG) **6.30** Bargain Hunt. **7.30** Lewis. (M) **9.30** For The Love Of Dogs. (PG) A look at dogs being brought back to health. **10.00** Tennis. Wimbledon. Day 9. Men's singles quarter-finals. **10.30** Olympians: Off The Record. (PG) **11.00** Motorway Patrol. (PG) **12.30** Bargain Hunt. **1.30** Dealers. (PG) **2.30** World's Strictest Parents. (PG) **3.30** Dr Oz. (PG) **5.30** Harry's Practice.

TEN

6.00 Ent. Tonight. **6.30** Everyday Health. (PG) **7.00** Ben's Menu. **7.30** Bold. **8.00** Family Feud. **8.30** Studio 10. (PG) **11.00** The Talk. **12.00** Dr Phil. (PG) **1.00** MasterChef Aust. **2.10** Ent. Tonight. **2.40** Everyday Health. (PG) **3.10** Judge Judy. (PG) **3.40** GCBC. **4.00** Everyday Gourmet. **4.30** Bold. **5.00** News. **6.00** Family Feud. **6.30** The Project. **7.30** MasterChef Aust. The contestants cook a two-course meal. **8.40** Offspring. (M) Leo has some shock news for Nina. **9.40** Madam Secretary. (M) A State Department employee is kidnapped. **10.40** Hawaii Five-0. **11.30** The Project. **12.30** The Late Show With Stephen Colbert. (PG) **1.30** Shopping. **4.00** James Robison. (PG) **4.30** CBS Morning.

ONE

6.00 Home Shopping. **8.00** Places We Go. (PG) **8.30** Reel Action. **9.00** Undercover Boss. (PG) **10.00** M*A*S*H. (PG) **11.00** Hogan's Heroes. **12.00** Raising Hope. (PG) **1.00** The Millers. (PG) **2.00** Dads. (PG) **3.00** Jake And The Fatman. (PG) **4.00** Diagnosis Murder. (PG) **5.00** Star Trek: Voyager. (PG) **6.00** Family Feud. **6.30** M*A*S*H. (PG) **7.30** The Unstoppables. (PG) **8.30** David Attenborough's Africa. **9.30** Bear Grylls: Mission Survive. (M) **10.30** Legends. (M) **11.30** Sons Of Anarchy. (MA15+) **12.30** Home Shopping. **2.00** Diagnosis Murder. (PG) **3.00** Star Trek: Voyager. (PG) **4.00** Jake And The Fatman. (PG) **5.00** The Doctors. (M)

ABC

6.00 News. **9.00** News Mornings. **10.00** Q&A. **11.00** One Plus One. **11.30** Eggheads. **12.00** Feud. **12.30** Press Club. **1.25** Karrooyul. (PG) **1.45** The Hunter. (PG) **1.55** Arabics News. **2.55** Wild Kitchen With Clayton Donovan. **3.20** The Bill. (PG) **4.10** Murder, She Wrote. (PG) **5.00** News. **5.30** The Drum. **6.00** Antiques Roadshow. **7.00** ABC News. **7.30** 7.30. **8.00** QI. (M) **8.30** Shaun Micallef's MAD AS HELL. (PG) **9.00** The Chaser's Election Desk. **9.30** Adam Hills: The Last Leg. **10.15** Lateline. **10.45** The Business. **11.00** Four Corners. **11.50** Media Watch. (PG) **12.05** The Stone Roses: Made Of Stone. (MA15+) **1.45** Rage. (MA15+) **3.25** QI. (M) **3.55** Adam Hills: The Last Leg. **4.35** Eggheads. **5.05** The Bill. (PG)

ABC2

6.00 Children's Programs. **5.35** Hoot Hoot Go! **5.40** Peppa Pig. **5.50** Go Jetters. **6.00** Hey Duggee. **6.10** Octonauts. **6.20** Peter Rabbit. **6.35** Teacup Travels. **6.50** Shaun The Sheep. **7.00** Spicks And Specks. (PG) **7.30** Doctor Who. (PG) **8.20** Nan And A Whole Lot Of Trouble. (M) **8.30** Sherlock. (M) **10.00** Adam Hills: The Last Leg. (M) **10.45** Jimmy Fallon. (PG) **11.25** Over-Represented: A Vice Special On Indigenous Incarceration. (M) **12.15** I'm Having Their Baby. (PG) **1.00** Doctor Who. (M) **1.45** Jimmy Fallon. (PG) **2.30** News Update. **2.35** Close. **5.00** Franklin And Friends. **5.20** The Koala Brothers. **5.30** Bert And Ernie. **5.40** Dorothy The Dinosaur. **5.50** Tilly And Friends.

SBS

6.00 WorldWatch. **7.00** Tour De France: Daily Update. **8.10** WorldWatch. **9.30** Greek News From Cyprus. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News. **12.30** Turkish News. **1.00** Cycling. Tour de France. Stage 4. Replay. **3.00** Dateline. **3.30** Insight. **4.30** East Of Arnhem. (PG) **5.00** Cycling. Tour de France. Stage 4. Highlights. **6.00** Nigella Bites. **6.30** SBS World News. **7.35** Byzantium: A Tale Of Three Cities. (PG) **8.35** 24 Hours In Emergency. (M) **9.30** SBS World News Late Edition. **10.00** Cycling. Tour de France. Stage 5. **2.00** Utopia. (M) **4.00** Food Lovers' Guide To Australia. **4.35** The Parakeets. **4.50** Destination Flavour Bitesize. **5.00** CCTV English News. **5.30** NHK World English News.

SBS2

6.00 WorldWatch. **10.20** Portuguese News. **11.00** Japanese News. **11.35** Punjabi News. **12.05** Hindi News. **12.30** Dutch News. **1.00** Urdu News. **1.30** Tamil News. **2.00** Thai News. **2.30** Sri Lankan Sinhalese News. **3.00** Cycling. Tour de France. Stage 4. Replay. **5.00** House Hazards. (PG) **5.30** If You Are The One. **6.35** Humans Of SBS 2. **6.40** 30 Rock. (PG) **7.05** 30 Rock. (PG) **7.35** The Feed. **8.05** Geeks Who Drink. (PG) New. **8.30** Movie: Escape From New York. (M) (1981) **10.20** Movie: Snake In The Eagle's Shadow. (1978) **12.10** The Feed. **12.40** Lip Service. (MA15+) **1.40** Lip Service. (MA15+) **2.40** The Birthday Boys. (M) **3.05** Free Radio. (M) **3.30** Free Radio. (M) **4.05** Deutsche Welle. **5.00** Korean News. **5.30** Indonesian News.



MOVIES

6.30pm The Imitation Game (2014) Biography. Benedict Cumberbatch. (M) **Masterpiece** **8.30pm** San Andreas (2015) Action. Dwayne Johnson, Carla Gugino. A rescue helicopter pilot searches for his daughter. (M) **Premiere** **10.15pm** This Is Where I Leave You (2014) Comedy. (M) **Comedy**

GENERAL

8.30pm The Doctor Blake Mysteries. (M) **13th Street** **9.30pm** House Of Lies. (MA15+) FX **9.30pm** Jimmy Kimmel Live. (MA15+) **Comedy Channel**

DOCUMENTARY

7.00pm Colour Theory. (PG) **Foxtel Arts**

8.30pm Kirstie And Phil's Love It Or List It UK. (PG) **Lifestyle**

10.00pm Maestro. **Foxtel Arts**

SPORT

10.00am Baseball. Major League. Monday Night Game. **ESPN** **7.30pm** AFL 360. **Fox Footy** **10.00pm** Tennis. Wimbledon. Day 9. **Fox Sports 4**

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

0607

RODENT PROBLEM?

Rats and mice become more of a problem during the colder winter months as they move inside seeking warmth and shelter. Rodents are carriers of germs and diseases and can be very destructive, often chewing through wiring, timber and furniture. The best course of action is to have a treatment completed by Sandgate Pest Control and follow the advice given by the qualified technician to rodent proof your home. Rodent proofing your home is an important step and does not have to be difficult. However, proofing your home will not remove the rodents already living in your home it will only help prevent them from returning in the future.

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NINE

6.00 Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** Ellen DeGeneres. (PG) **1.00** Movie: Andre. (G) (1994) Keith Carradine, Tina Majorino. An orphan seal is adopted by a family. **3.00** News. **4.00** Afternoon News. **5.30** Hot Seat. **6.00** Nine News. **7.00** A Current Affair. **7.30** RBT. (PG) **8.00** RBT. (PG) **8.30** Movie: Ghost. (M) (1990) Patrick Swayze, Demi Moore, Whoopi Goldberg, Tony Goldwyn. A man murdered during a bungled mugging returns as a ghost to warn his love of imminent peril. **11.05** Stalker. (M) **12.05** Weeds. (MA15+) **12.35** What Would You Do? (M) **1.35** Danoz Direct. **2.05** Skippy The Bush Kangaroo. **2.30** Global Shop. **3.00** Extra. **3.30** Good Morning America. **5.00** News. **5.30** Today.

GO!

6.00 Children's Programs. **12.30** Batman. (PG) **1.00** Power Rangers. (PG) **1.30** Sooty. **2.00** Sonic Boom. (PG) **2.30** SpongeBob. **3.00** Rabbids Invasion. (PG) **3.30** Yo-Kai. (PG) **4.00** Kids' WB. (PG) **4.05** The Looney Tunes Show. **4.30** Gumball. **5.00** Clarence. **5.30** Teen Titans Go! (PG) **6.00** Regular Show. **6.30** Adv Time. (PG) **7.00** The Middle. (PG) **8.30** Mike & Molly. (PG) **9.30** Mom. (M) **10.30** Anger Management. (M) **11.30** Sullivan & Son. (M) **12.00** American Digger. (PG) **12.30** Adv Time. (PG) **1.00** Regular Show. **1.30** Batman. (PG) **2.00** Rabbids Invasion. (PG) **2.30** Sooty. **3.00** Yo-Kai. (PG) **3.30** Yu-Gi-Oh! (PG) **4.00** Power Rangers. (PG) **4.30** Sonic Boom. (PG) **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning Show. (PG) **11.30** News. **12.00** Movie: Last Chance Harvey. (PG) (2008) **2.00** The Daily Edition. **3.00** The Chase. **4.00** News. **5.00** The Chase Australia. **6.00** News. **7.00** Home And Away. (PG) **8.00** World's Most Extreme. (PG) **9.00** Big Bang. (PG) After being asked to attend a wedding as her escort, instead of Sheldon, Leonard gets to know Amy better. **9.30** Big Bang. (PG) Leonard attends Wil Wheaton's party. **10.00** Big Bang. (PG) After a professor at the university retires, Sheldon and Barry battle it out for possession of his now-empty office. **10.30** Tennis. Wimbledon. Day 10. Women's singles semi-finals. **4.00** NBC Today. **5.00** News. **5.30** Sunrise.

7TWO

6.00 Shopping. **7.00** Flushed. **7.30** It's Academic. **8.00** Pipsqueaks. **8.30** Harry's Practice. **9.00** Home And Away: The Early Years. (PG) **9.30** NBC Today. **12.00** Motorway Patrol. (PG) **1.00** Mr Selfridge. (PG) **2.00** Dealers. (PG) **3.00** Medical Emergency. (PG) **3.30** World's Strictest Parents. (PG) **4.30** 60 Minute Makeover. (PG) **6.30** Bargain Hunt. **7.30** The Vicar Of Dibley. (PG) **8.30** Keeping Up Appearances. (PG) **9.00** Murdoch Mysteries. (M) **10.00** Tennis. Wimbledon. Day 10. Women's singles semi-finals. **10.30** Olympians: Off The Record. (PG) **11.00** Motorway Patrol. (PG) **12.00** Bargain Hunt. **1.00** Dealers. (PG) **2.00** World's Strictest Parents. (PG) **3.00** Dr Oz. (PG) **5.00** Harry's Practice. **5.30** Late Programs.

TEN

6.00 Ent. Tonight. **6.30** Everyday Health. (PG) **7.00** Ben's Menu. **7.30** Bold. **8.00** Family Feud. **8.30** Studio 10. (PG) **11.00** The Talk. **12.00** Dr Phil. (PG) **1.00** MasterChef Aust. **2.10** Ent. Tonight. **2.40** Everyday Health. (PG) **3.10** Judge Judy. (PG) **3.40** GCBC. **4.00** Everyday Gourmet. **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. **6.30** The Project. **7.30** MasterChef Aust. **8.40** Shark Tank. (PG) Final. A panel of business people are shown inventions and innovations by everyday Australians. **9.40** Law & Order: SVU. (M) **10.40** Blue Bloods. (M) **11.30** The Project. **12.30** The Late Show With Stephen Colbert. (PG) **1.30** Shopping. **4.00** James Robison. (PG) **4.30** CBS Morning.

ONE

6.00 Home Shopping. **8.00** Motor Racing. Formula 1. Race 9. Austrian Grand Prix. Replay. From Red Bull Ring, Spielberg, Austria. **9.00** Loaded. (PG) **10.00** M*A*S*H. (PG) **11.00** Hogan's Heroes. **12.00** Raising Hope. (PG) **1.00** The Millers. (PG) **2.00** Dads. (PG) **3.00** Jake And The Fatman. (PG) **4.00** Diagnosis Murder. (PG) **5.00** Star Trek: Voyager. (PG) **6.00** Family Feud. **6.30** M*A*S*H. (PG) **7.30** Gold Coast Cops. (PG) **8.30** Megacities. **9.30** Cops: Adults Only. (PG) **10.30** Undercover Boss. (M) **11.30** Chopper's Republic Of Anzakistan. (MA15+) **12.00** House Of Lies. (MA15+) Final. **12.30** Home Shopping. **2.00** Cops: Adults Only. (PG) **2.30** Bellator MMA. (M) **5.00** The Doctors. (PG)

ABC

6.00 News. **9.00** News Mornings. **10.00** Australian Story. **10.30** Foreign Corre. **11.00** The Dreamhouse. (PG) Final. **11.30** Eggheads. **12.00** News. **1.00** The Gods Of Wheat Street. (M) **1.55** Antiques Roadshow. **2.55** Wild Kitchen With Clayton Donovan. Final. **3.20** The Bill. (PG) **4.10** Murder, She Wrote. (PG) **5.00** News. **5.30** The Drum. **6.00** Antiques Roadshow. **6.55** Clarke And Dawe. **7.00** News. **7.30** 7.30. **8.00** QL. (PG) **8.30** Rake. (M) Final. **9.30** Cleverman. (M) Final. **10.25** Lateline. **10.55** The Business. **11.10** Code Of Silence. (M) **12.10** Movie: Genova. (M) (2008) **1.40** Comedy Up Late. (M) **2.10** Press Club. **3.40** Golf. PGA Tour. Barracuda Championship. Highlights. **4.05** QL. (PG) **4.35** Eggheads. **5.05** The Bill. (PG)

ABC2

6.00 Children's Programs. **5.50** Go Jetters. **6.00** Hey Duggee. **6.10** Octonauts. **6.20** Peter Rabbit. **6.35** Teacup Travels. **6.50** Shaun The Sheep. **7.00** Spicks And Specks. (PG) **7.30** Doctor Who. (PG) **8.15** Black Chook. (M) **8.30** Shaun Micallef's MAD AS HELL. (PG) **9.00** The Chaser's Election Desk. **9.30** Buzzcocks. (M) **10.00** Broad City. (M) Final. **10.20** Adam Hills: The Last Leg. (M) **11.05** Jimmy Fallon. (PG) **11.50** Live At The Apollo. (M) **12.35** Alan Carr: Chatty Man. (M) **1.20** Doctor Who. (PG) **2.05** Doctor Who Extra. **2.20** Jimmy Fallon. (PG) **3.05** News Update. **3.10** Close. **5.00** Franklin And Friends. **5.20** The Koala Brothers. **5.30** Bert And Ernie. **5.40** Dorothy The Dinosaur. **5.50** Tilly And Friends.

SBS

6.00 WorldWatch. **7.00** Tour De France: Daily Update. **8.10** WorldWatch. **11.00** Spanish News. **12.00** Arabic News. **12.30** Turkish News. **1.00** Cycling. Tour de France. Stage 5. Replay. **3.00** First Crossings. **3.50** Great Houses With Julian Fellowes. (PG) **4.45** In Transit. **5.00** Cycling. Tour de France. Stage 5. Highlights. **6.00** Nigella Bites. **6.30** SBS World News. **7.35** World's Best Diet. **8.30** Poh & Co. **9.00** Made In Italy. **9.30** SBS World News Late Edition. **10.00** Cycling. Tour de France. Stage 6. **2.00** Who Do You Think You Are? (PG) **3.05** Who Do You Think You Are? (PG) **4.15** Food Lovers' Guide To Australia. **4.50** The Lala Road. (PG) **5.00** CCTV English News. **5.30** NHK World English News.

SBS2

6.00 WorldWatch. **1.30** Tamil News. **2.00** Thai News. **2.30** Sri Lankan Sinhalese News. **3.00** Cycling. Tour de France. Stage 5. Replay. **5.00** House Hazards. (PG) **5.30** If You Are The One. **6.30** Humans Of SBS 2. **6.35** Soccer. UEFA Euro 2016. Highlights. **7.35** The Feed. **8.05** Billy On The Street. **8.30** MythBusters. (PG) **9.30** Made You Look. (M) **10.35** 3AM: Sex, Drugs, New York. **11.10** 3AM: Sex, Drugs, New York. **11.45** 3AM: Sex, Drugs, New York. Final. **12.20** League Nation Live. **1.50** The Feed. **2.20** Town Of The Living Dead. (M) **2.45** The Notorious. (M) **3.15** Attack On Titan. (MA15+) **3.40** Attack On Titan. (MA15+) **4.15** NHK World English News. **5.00** Korean News. **5.30** Indonesian News.



MOVIES

8.30pm American Ultra (2015) Action. Jesse Eisenberg, Kristen Stewart. (MA15+) **Premiere**
8.30pm Shaun Of The Dead (2004) Comedy. Simon Pegg, Nick Frost. (MA15+)

8.30pm Crazy, Stupid, Love. (2011) Comedy. Steve Carell, Ryan Gosling. (M)

Romance

GENERAL

8.30pm Peaky Blinders. (MA15+) **BBC First**

8.30pm Who Do You Think You Are? (PG) UKTV

9.30pm Nurse Jackie. (MA15+) **Showcase**

DOCUMENTARY

6.30pm Sister Wendy And The Art Of The Gospel. **Foxtel Arts**

7.30pm Rock Legends. (M) **Foxtel Arts**

8.30pm Rick Stein's Long Weekends. (PG) **Lifestyle Food**

SPORT

3.30pm Surfing. World League. J-Bay Open. Day 1. **Fox Sports 4**

7.30pm Golf. European PGA Tour. Scottish Open. First round. **Fox Sports 2**

7.50pm Football. AFL. Round 16. Port Adelaide v Hawthorn. **Fox Footy**

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

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NINE

6.00 Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** Ellen DeGeneres. (PG) **1.00** Movie: Getting Even With Dad. (PG) (1994) **3.00** News. **4.00** Afternoon News. **5.30** Hot Seat. **6.00** Nine News. **7.00** ACA. **7.30** Rugby League. NRL. Round 18. Parramatta Eels v Sydney Roosters. **10.10** Movie: Tighrope. (M) (1984) Clint Eastwood, Genevieve Bujold, Dan Hedaya. A New Orleans detective investigating a series of murders finds his own impulses are questioned. **12.35** Movie: Machine Gun Preacher. (MA15+) (2011) Gerard Butler, Michelle Monaghan. A former drug-dealing biker finds God. **3.00** Anger Management. (M) **3.30** Extra. **4.00** Global Shop. **4.30** GMA.

GO!

6.00 Children's Programs. **12.30** Batman. (PG) **1.00** Power Rangers. (PG) **1.30** Sooty. **2.00** Sonic Boom. (PG) **2.30** SpongeBob. **3.00** Rabbids Invasion. (PG) **3.30** Yo-Kai. (PG) **4.00** Kids' WB. (PG) **4.05** The Looney Tunes Show. **4.30** Gumball. **5.00** Clarence. **5.30** Teen Titans Go! (PG) **6.00** Regular Show. **6.30** Movie: Monsters Vs Aliens. (PG) (2009) **8.30** Movie: Harry Potter And The Deathly Hallows: Part 2. (M) (2011) **11.00** iZombie. (MA15+) **12.00** Way Stranger Than Fiction. (M) **1.00** Regular Show. **1.30** Batman. (PG) **2.00** Rabbids Invasion. (PG) **2.30** Sooty. **3.00** Yo-Kai. (PG) **3.30** Yu-Gi-Oh! (PG) **4.00** Power Rangers. (PG) **4.30** Sonic Boom. (PG) **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning Show. (PG) **11.30** News. **12.00** Movie: Gifted Hands: The Ben Carson Story. (PG) (2009) Cuba Gooding Jr. **2.00** The Daily Edition. **3.00** The Chase. Hosted by Bradley Walsh. **4.00** News. **5.00** The Chase Australia. Hosted by Andrew O'Keefe. **6.00** News. **7.00** Better Homes. Dr Harry Cooper takes a look at the St Heliers Heavy Horse Field Days in NSW's Hunter Valley. **8.30** Movie: The Boy Next Door. (M) (2015) Jennifer Lopez, Ryan Guzman, Kristin Chenoweth. A high school teacher begins a relationship with a student that becomes a dangerous obsession. **10.15** Tennis. Wimbledon. Day 11. Men's singles semi-finals. **4.00** NBC Today. News and current affairs.

7TWO

6.00 Shopping. **7.00** Flushed. **7.30** It's Academic. **8.00** Pipsqueaks. **8.30** Harry's Practice. **9.00** Home And Away: The Early Years. (PG) **9.30** NBC Today. **12.00** Better Homes. **1.00** Mr Selfridge. (PG) **2.00** Dealers. (PG) **3.00** Medical Emergency. (PG) **3.30** World's Strictest Parents. (PG) **4.30** 60 Minute Makeover. (PG) **6.30** Bargain Hunt. **7.30** The Border. (PG) **8.30** Escape To The Country. **9.30** Front Of House. **10.00** Tennis. Wimbledon. Day 11. Men's singles semi-finals. **10.30** Olympians: Off The Record. **11.00** Mighty Planes. **12.00** Motorway Patrol. (PG) **2.30** Escape To The Country. **1.30** World's Strictest Parents. (PG) **2.30** Dr Oz. (PG) **4.30** Lord Howe Island: Jewel Of The Pacific. **5.30** Late Programs.

TEN

6.00 Ent. Tonight. **6.30** Everyday Health. (PG) **7.00** Ben's Menu. **7.30** Bold. (PG) **8.00** Family Feud. **8.30** Studio 10. (PG) **11.00** The Talk. **12.00** Dr Phil. (PG) **1.00** MasterChef Aust. **2.10** Ent. Tonight. **2.40** Everyday Health. (PG) **3.10** Judge Judy. (PG) **3.40** GCBC. **4.00** Everyday Gourmet. **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. **6.30** The Project. **7.30** The Living Room. Barry explores Ronald Reagan's LA property. **8.30** The Graham Norton Show. Guests include Jennifer Saunders, Joanna Lumley, Rebel Wilson and Iggy Pop. **9.30** Have You Been Paying Attention? (M) **10.30** Shark Tank. (PG) **11.30** The Project. **12.30** The Late Show With Stephen Colbert. (PG) **1.30** Shopping.

ONE

6.00 Home Shopping. **8.00** River To Reef. **8.30** Operation Repo. (PG) **9.00** Monster Jam. **10.00** M*A*S*H. (PG) **11.00** Hogan's Heroes. **12.00** Raising Hope. (PG) **1.00** The Millers. (PG) **2.30** Dads. (PG) **3.00** Jake And The Fatman. (PG) **4.00** Diagnosis Murder. (PG) **5.00** Star Trek: Voyager. (PG) **6.00** Family Feud. **6.30** M*A*S*H. (PG) **7.30** MacGyver. (PG) **8.30** Walker, Texas Ranger. (PG) **9.30** Movie: Blood Out. (MA15+) (2011) Luke Goss, Val Kilmer, Curtis "50 Cent" Jackson. **11.30** Bear Grylls: Mission Survive. (M) **12.30** Home Shopping. **2.00** Star Trek: Voyager. (PG) **3.00** Walker, Texas Ranger. (PG) **4.00** Diagnosis Murder. (PG) **5.00** The Doctors. (M)

ABC

6.00 ABC News Breakfast. **9.00** ABC News Mornings. **10.00** One Plus One. **10.30** Catalyst. (PG) **11.00** Croc College. (PG) **11.30** Eggheads. **12.00** News At Noon. **1.00** The Gods Of Wheat Street. (M) **1.55** Antiques Roadshow. **2.55** The Cook And The Chef. **3.20** The Bill. (PG) **4.10** Murder, She Wrote. (PG) **5.00** ABC News: Early Edition. **5.30** The Drum. **6.00** Antiques Roadshow. **7.00** ABC News. **7.30** 7.30. **8.00** Tony Robinson's Time Walks. (PG) **8.30** New Tricks. (PG) **9.30** Silent Witness. (M) **10.30** Lateline. **11.00** The Business. **11.20** Broadchurch. (M) **12.05** The Chaser's Election Desk. **12.35** Rage. (MA15+) **5.00** Rage. (PG)

ABC2

6.00 Children's Programs. **3.10** Postman Pat Special Delivery Service. **3.30** Play School. **4.00** Bananas In Pyjamas. **4.10** Wiggle. **4.25** Mister Maker. **4.45** Sydney Sailboat. **5.00** Tree Fu Tom. **5.25** Sarah And Duck. **5.35** Hoot Hoot Go! **5.40** Peppa Pig. **5.50** Go Jetties. **6.00** Hey Duggee. **6.10** Octonauts. **6.20** Peter Rabbit. **6.35** Teacup Travels. **6.50** Shaun The Sheep. **7.00** Spicks And Specks. **7.30** Doctor Who. (PG) **8.20** Karroly. (PG) **8.35** The Hoarder Next Door. (PG) **9.25** Russell Brand: End The Drugs War. (M) **10.20** Adam Hills: The Last Leg. (MA15+) **11.05** Jimmy Fallon. (PG) **11.45** Sherlock. (M) **1.20** Doctor Who. (PG) **2.10** Doctor Who Extra. **2.20** Jimmy Fallon. (PG) **3.05** News Update. **3.10** Close.

SBS

6.00 WorldWatch. **7.00** Tour De France: Daily Update. **8.10** WorldWatch. **1.00** Cycling. Tour de France. Stage 6. Replay. **3.00** Kylie Kwong. **3.30** Thai Street Food. **4.00** Who Do You Think You Are? (PG) **5.00** Cycling. Tour de France. Stage 6. Highlights. **6.00** Nigella Bites. **6.30** SBS World News. **7.30** The Ark Of The Covenant. (PG) **8.25** The Inca: Masters Of The Clouds. **9.30** SBS World News Late Edition. **10.00** Cycling. Tour de France. Stage 7. **2.00** The Quest For Noah's Ark. (PG) **3.00** The Hunt For Pirate Treasure. **4.00** Food Lovers' Guide To Australia. **4.35** The Kingdom Of Doug. (M) **4.55** Destination Flavour Bitesize. **5.00** CCTV English News. **5.30** NHK World English News.

SBS2

6.00 WorldWatch. **11.00** Japanese News. **11.35** Punjabi News. **12.05** Hindi News. **12.30** Dutch News. **1.00** Urdu News. **1.30** Tamil News. **2.00** Thai News. **2.30** Sri Lankan Sinhalese News. **3.00** Cycling. Tour de France. Stage 6. Replay. **5.00** House Hazards. (PG) **5.30** Brain Games. (PG) **6.00** Street Genius. **6.25** Humans Of SBS 2. **6.30** Soccer. UEFA Euro 2016. Highlights. **7.30** Friday Feed. **8.00** Illusions Of Grandeur. (PG) **8.30** Adam Looking For Eve. (MA15+) **9.20** Chubby Chasers. (MA15+) **10.15** Movie: Empire Of Silver. (MA15+) (2009) **12.20** Movie: If I Want To Whistle, I Whistle. (MA15+) (2010) **2.00** PopAsia. (PG) **3.05** NHK World English News. **5.00** Korean News. **5.30** Indonesian News.



MOVIES

6.20pm Jindabyne (2006) Crime. (M) Masterpiece
6.30pm Pitch Perfect 2 (2015) Comedy. (M) Premiere
7.45pm Swimming Pool (2003) Crime. (MA15+) World Movies
GENERAL
7.00pm The Daily Show With Trevor Noah. (M) Comedy Channel
8.30pm The Magicians. (MA15+) Syfy
8.30pm This Is Not Happening. (MA15+) Comedy Channel
DOCUMENTARY
7.30pm World War One: The People's Story. (PG) History
8.30pm The Prince's Vision. Lifestyle
9.30pm I Want That Wedding. (PG) Lifestyle You
SPORT
7.30pm Rugby Union. Super Rugby. Round 16. Qld Reds v Chiefs. Fox Sports 2
7.50pm Rugby League. NRL. Eels v Roosters. Fox Sports 1
7.50pm Football. AFL. Geelong v Sydney. Fox Footy
9.00pm Golf. European PGA Tour. Scottish Open. Second round. Fox Sports 3

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

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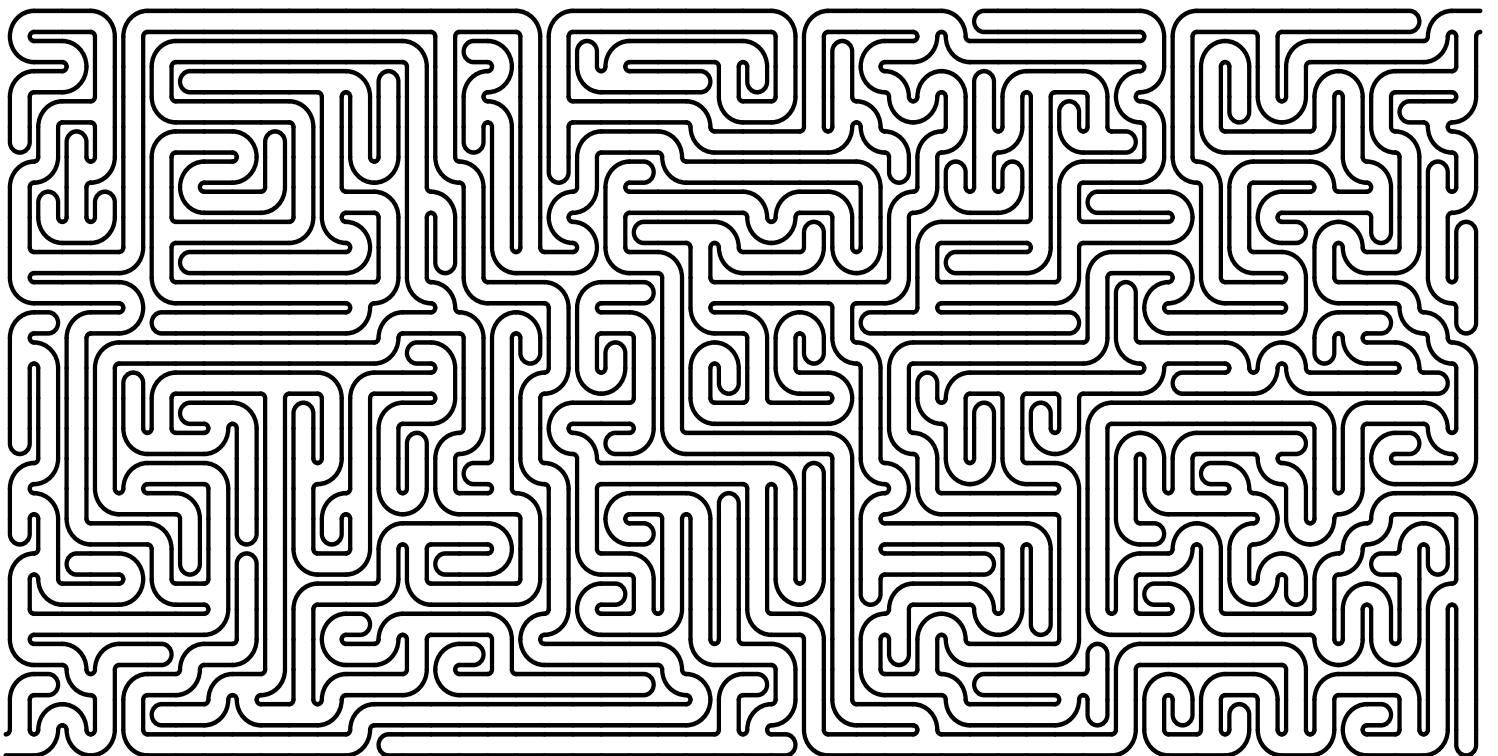
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Try one or try them all to get more from your money over the next 12 months.

1. Pay less for your banking

"If you want to save money (and who doesn't?) it pays to cast an eye over your key financial products to be sure you're still getting a great deal," said Emery.

"First, check your everyday account statements. If it turns out you're being dinged for debit cards, socked with ATM charges, and sluggish with regular account-keeping fees, it could be time to move on.

"The days when we had to put up with those costs are gone. Take a look at the new breed of everyday accounts that charge zero account keeping fees. It's not hard to make the switch.

2. Get more for your savings

"Next, head to your savings account. After several cuts to the official cash rate in the last 12 months, chances are your money is earning a lot less now than when you first opened the account.

"If your savings account is paying a ho-hum interest rate, consider transferring your stash to a bank offering a better deal.

Be sure to look for an account paying a consistently strong rate without fees attached.

3. Check if your home loan rate starts with a '4'

"Put your home loan under the spotlight to check if you're benefitting from today's record low rates. Your bank could be holding something back. If your home loan rate starts with a '5' you're paying too much. It's that simple."

4. Tame the credit beast

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"In May 2016 the Reserve Bank cut the official cash rate to 1.75%. Yet the average credit card interest rate is 17%. No wonder it can feel like you're never getting ahead with the outstanding card balance."

"It is possible to pay less than 10% with some credit cards. No, seriously. Make the switch and enjoy the feeling of virtually halving your card rate – that's got to make it easier to clear the slate sooner."

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ForSale

Office Desk Solid Timber of modern design 2100cm / 90cm and matching Wall Unit 1670cm/90cm. The Wall Unit is half Bookshelf and half Storage. Price \$350. Pick up from Mango Hill. Contact 3886 2516.

Northlakes State College uniforms 1x girls cardigan size 14 (perfect condition)- \$30 1x senior polo shirt, size 12- \$10 1x sport polo shirt, size 12- \$10 1x white formal blouse, size 8- \$10 2x navy unisex sport shorts, size 12- \$10 each. Phone or text Beverley on 0421823263. Pick up from Northlakes.

For sale- Holden Caprice V8 for sale Oct 2013, 9000 klms as new always garaged never been in the weather, first to see will buy, immaculate, \$45 k contact Denis 0407060608

Garage Sale

VOTE 1!...7 am start (not before) on Saturday 2nd July - First in best dressed. All good quality items. Java timber (from Loot) cabinets, coffee table, tall boy, bedside drawers, book shelf etc. Decorative mirrors, coloured glass items, candle holders, photo frames, books, cd's, dvd's, video's, office items, kitchenware, queen bed and more. 11 am finish @ 4/50 Lakefield Drive, North Lakes

Northlakes 7 Brindabella Court Saturday 2nd July 7.00am – 1.00pm Huge Garage Sale, Furniture, home wares, art supplies, Tools, plants, books paintings and much much more.

Classified, garage sale July 2 Downsizing so have lots of household items, kitchenware, tools etc to sell. Kelvinator upright freezer 140 litre good condition \$80, 5pce cane dining suite with 3 bar stools good condition \$220 Ph 38865882 or 0402579829
5 Churchill Lane, North Lakes. From 7am please.

Garage sale Saturday 2nd July 19 Townley Drive North lakes. Boy clothing size range from 0000- 4. Very well looked after some unused. Many toys for boys and unisex. Definitely well worth a look as both toys and clothes extremely well looked after. Start 7.30am-12pm. No early birds please. Contact Tracey 0439679993

Found

Found bike located not far from the police station. Call Mango Hill / North Lakes P.S. Ph: 3482 1444

Position Available

URGENT need Customer Service Manager Cleaning Looking for a customer service manager to look after the cleaning operations in North East Qld region urgently. Must possess good knowledge of use of machines like scrubbers, buffers and strip and seal. Experience - min 1 yr. Salary - 50K to 60K +Super Joining - Immediate email CV- msnenterprisegrp@gmail.com

North Lakes Community Women's Group Inc. News

Written by Sam Stevens Publicity Officer NLCWGI

We are truly a crafty lot and we had an excellent turn out for our Craft Day. There were various hives of industry set up calling for imagination, artistic flare and a buzz of humour. We had Tabs with her beading expertise organising the construction of Angel Keyrings and Bracelets, Ngairé with Wine Glass Decorating and Paulette with Card Making. A lot of concentration went into the construction of everyone's chosen articles and a very professional standard was achieved. Just you watch out. You may have one of these articles dropped into your Xmas stocking, a token of love and friendship.

Our thanks to the members that conducted these workshops and also Tabs from The Beaded Lady.

Tuesday 5th July 09:45 MONTHLY GENERAL MEETING – Yes, another MGM where we gather together to conduct general business, conjure up ideas for our events calendar, catch up with one another and have a bit of fun over a lovely cuppa.

Tuesday 12th July 09:45 GUEST SPEAKER – Solicitor - Brian Herd, from Carne Reidy Herd, will speak to us about Elder Abuse and the Laws and Rights of the elderly. Brian is recognised as one of Australia's leading experts in the areas of elder law, retirement, disability and aged care. This is a very worthwhile Guest Speaker not to be missed.

Tuesday 19th July 09:45 IN-HOUSE ACTIVITY – Always a fun meeting with a good attendance and a lot of interaction. TBA

Our meetings are open to all women in North Lakes/Mango Hill – Moreton Bay district. Please refer to our listing under the Community Notice Board. For more information contact Julie, 3886 4552; Colleen, 0418 658 442; Carmen, 3491 9410.

Emilio's Cafe

Kallangur



Carpark Entrance
Family Medical Practice
Cnr Anzac Ave &
School Rd, Kallangur

Live music on Saturdays....
Open 6.30am Mon-Sat

Ph: 3482 2200

\$10 Tradie's Breakfast Deal
Bacon & Egg Toastie & Medium Coffee



Come and see us for all your pool and spa needs

UNIT 4, 14 BURKE CRES. NORTH LAKES



ATLANTIS POOL SERVICES

Operating Hours
Mon to Fri 8am to 5pm
Sat 8am to 2pm
Sun 9am to 1pm

PH: 3491 9700
Paul 0418 712 909

Like us on
Atlantis Pool Shop
North Lakes

SYBIL'S NAILS

BIO SCULPTURE GEL NAILS
HEALTHY NAILS

100 colours to
choose from that
don't chip or fade



BOOKINGS ESSENTIAL

Phone Sybil on **3293 1712 or 0415 101 882**

TEAMWORK DOG OBEDIENCE



**BASIC OBEDIENCE
PUPPY SCHOOL
PROBLEM SOLVING**

PHONE 0407 761 201

www.teamworkdogs.com.au

Sudoku

				2		7		4
6	2		4		3		9	
9					8	5		
4	9		7					
1								7
					2		5	8
		9	8					2
	6		1		7		8	5
7		4		6				

Fancy yourself as a sudoku pro? Try this one

2			8				7	
			1			4		
				4		2		
3		7	9				1	
8				6				4
	4				8	6		7
		1		8				
		5			1			
	2				7			6

Crossword Solution from last issue

	B	E	A	V	E	R		P	O	S	T	A	L	
				A		A		A	O		M			
D	E	C	O	R		I	N	S	O	M	N	I	A	C
I				Y		N		T	E		G		A	
V	I	C	T	I	M			B	A	T	H	R	O	O
E					N			A			O			E
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S								H						A
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F				E			U			A				O
I	N	T	E	R	N	A	L			S	C	R	E	A
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D	E	C	I	D	U	O	U	S		U	R	B	A	N
		I		O		N		I		E				
	S	T	A	S	I	S		S	A	T	I	R	E	

Crossword 6443

Kindly provided by famous skateboarder - Laurie Stibbe

Kindly provided by famous skateboarder - Laurie Stibbe

ACROSS

- 1 Beer and lemonade
4 Native companions, cranes
9 Trafficator
10 Tropical climbing plant
11 Greek writer of fables
12 Counterpane
13 Woman with heroic properties
15 Between sky and ground
17 Merited
19 Alleviate
22 Hit violently and repeatedly
24 Ancient Greek dialect
26 Combine
27 Identification of an illness
28 Young eagles
29 Puts an end to an activity

DOWN

- 1 Popeye's favourite
- 2 Naval signalling lamp
- 3 Misleading falshood
- 4 Ennui
- 5 Lowest deck on a ship
- 6 Word of mouth
- 7 Pieces of broken glass
- 8 Author of these x-words
- 14 Logical thinking
- 16 Coquetry
- 18 Treats with contempt
- 19 Used to annoy a bull
- 20 Self-justifications
- 21 Incriminate
- 23 Diacritical mark
- 25 Places for birds to lay eggs

1		2		3			4		5		6		7
					8								
9									10				
11					12								
13		14						15		16			
	17					18		19					20
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22				23					24		25		
26						27							
28								29					

The Messenger Handy Hints

Disinfectant: Tea tree oil or eucalyptus oil, added to cleaners or in the rinsing water, is a natural disinfectant.

To get your Handy Hint into The Messenger, just send a short (50 words or less, includes title) description to adz@northlakesmessenger.com.au

COMMUNITY NOTICEBOARD

A free service provided by the Messenger for community, social and non-profit organisations

SUBMIT VIA:

community@northlakesmessenger.com.au

- Maximum of 60 words per submission
- Please resubmit your item in full when making alterations
- To guarantee placement for the following week, please make your submission by Thursday prior
- Your submission will run ongoing until you notify us otherwise

HANDY NUMBERS TO KNOW

Emergency:	000
NL/MH Police:	3482 1444
Crime Stoppers:	1800 333 000
SES:	132 500
Health Advice:	13432 584
Wildlife Rescue:	0401 350 799
RSPCA:	1300 363 736
Dakabin Pound:	3886 0357

THE 500 CLUB If you enjoy a friendly of 500 you can join us at Redcliffe Senior Citizens centre, 401 Oxley Avenue Redcliffe every monday from 12.30 pm - 4 pm Contact Trish on 32035047 or Vivvi on 0407238163

A.C.M.A.MIN MIN BRANCH. Monthly concerts/socials held on 4th Sat. each month NOTE new starting time now from 1.00pm. Kruger Hall Ann St. Kallangur. Quality Guest Artists & Club Member Spots. All welcome Call Queenie 5497 9395.

A.I.R. The Assoc. of Independent Retirees (AIR) AIR will hold an Investor Breakfast for self-funded retirees and investors at the Moreton Bay Boat Club Bird O'Passage Parade Scarborough on Monday 20th June, 2016, at 7-15a.m. Special guest speakers are Terri Loy, National Manager Wealth Management and William Peters Senior Private Client Advisor Morgans. Cost, including served breakfast, \$16 pp. Bookings to Val Martin 3203 5074 or Max Barton 3142 2506

AI-ANON. If someone you love, or are dependent on has a drinking problem and you can see what it is doing to them; if you're also concerned how it's affecting you. We can help. AI-Anon Family group meets Tuesdays at 12.30 at the Church of Christ Church on Ashmore Road, Redcliffe. For further information phone 1300252666

ALCOHOLICS ANONYMOUS. If you want to drink that's your business if you want to stop we can help. alcoholics anonymous holds meetings everyday in the moretonbay area in the following suburbs, caboolture, bribe Island, deceptionbay, redcliffe, margate, clontarf, woody point please phone 1300222222 or go to aa.org.au

ALL ABOUT LIVING is an aged care service provider that is looking for volunteers to assist with transport, administration, activity groups and projects. If you are interested in helping our participants please contact Kathy on 07 3269 1915, or see our website www.allaboutliving.com.au - We promote Choice, Support and Connection

ALL WELCOME at The Moreton Bay Social Group Make Friends - Have Fun is our motto. We meet every Tuesday evening at the Redcliffe Leagues Club from 6pm. So join us for friendly conversation and discuss fun outings for our future events. We look forward to hearing from you, for further information contact Maureen 34918998 or Nick 0423543833 or Pat 0403946369

A.L.P. To all ALP members in North Lakes & Mango Hill. The local branch of the Australian Labor Party meets the 1st Wednesday of every month at 'The Space' North Lakes cnr of Endeavour Blvd and Lakefield Drive. For more information contact Mick 0422 434 562 or Judi 0407 958 610 or Email alpmurumba.east@gmail.com

ANGLICAN CHURCH OF NORTH LAKES We are a Performing Anglican Community who gather for worship on Sunday at 9:30am in the Performing Arts Centre of North Lakes State College. We sing a mix of modern music and reworked old hymns. We enjoy having Communion and engage with our Bibles each week to see what God has for us. Call on 0403977512 - like us on Facebook - visit www.thelakesanglican.org.au

ANGLICAN CHURCH St Peter the Fisherman 13 Lucinda St Clontarf. Services Saturday 6pm Sunday 7am & 9am Wednesday 10am. Sunday school, craft, mens, tots/preschoolers, ladies groups and much more. For Howard Smith 3284 9283. Beautiful church & grounds for baptisms, weddings, funerals, blessings in Bramble Bay Parish.

ANNE'S SOCIAL CIRCLE. Looking to welcome new members. We are a group of Single Men, Women and Couples from all walks of life. We get involved in a diverse range of activities, including Live bands, Tribute shows, lots of dancing, Live Theatre, Restaurants and trips planned for the future. A wine tasting coming up. The more the merrier, a non sticky group of fun people. Don't sit at home go out and have fun. For more information call Anne on 3880 1088.

ARANA VIEW CLUB LUNCHEON MEETING 10.30am for 11.00am on Wednesday 6th July 2016 at Arana Leagues Club, Dawson Parade, Keppera. Guest speaker, Murray Altham, Author of 'Choose Excellent Health'. Cent Auction and raffles. Two-course lunch incl tea/coffee (\$25.00). Bookings: Heather 3300 3733 by 4pm Monday 4th July. Arana VIEW meets on the first Wednesday of the month and welcomes new members and visitors to our meetings and other social activities organised each month. www.themithfamily.com.au/view

ARE YOU A SINGER? Counterpoint Vocal Ensemble has vacancies for an experienced baritone and soprano. Counterpoint is an auditioned 4-part choir specialising in a cappella choral works of a wide variety of genres. The group rehearses at Banyo and presents three major concerts each year. For information, or to register your interest, please call 3284 3688.

BABY & TODDLER GROUP (REDCLIFFE): Teeny Tots meets every Thursday (term time only) at Recalibrate Church, 3 Plume Street, Redcliffe. Starting at 9:30am - 11:00am with craft items, stories, morning tea and free play that everyone will enjoy! \$2 entry. Please call the Recalibrate Church office on 07 3284 6511 or email office@recalibrate.church for more details.

BAHA'I FAITH of Moreton Bay Region openly invites enquiries of Belief Principles, Children's Classes, General Information, Holy Day Events, Holy Script Study Groups, Internet Sites, Library Books, Pamphlets, Social Gatherings, School Religious Classes, Youth and Pre-Youth Activities and more. "The world is but one country and mankind its citizens". Baha'i Ullah Phone: 07 38861567 Email: [Moreton Bay LSA \[mlrbsa.sec@gmail.com\]](mailto:Moreton Bay LSA [mlrbsa.sec@gmail.com]) Web: www.bahai.org.au or www.moretonbaybahais.org

BLUE DENIM COUNTRY MUSIC CLUB Progress Hall, 34 Cornelius Street, Clontarf. Socials 4th Sunday of each month. Contact Julie 3889 3179 or Lesley 3284 1083. All welcome. Entry is \$6.00. Social commences 12:30pm. See Facebook for other details.

BOOM YOUTH A High School Youth Program in North Lakes (the Space) @ Kallangur (Kallangur State School). 7-9pm For more information, please call 0413 905 336.

BRENDALE EVENING VIEW Club meet for dinner on the third Tuesday of the month at Wantima Country Club, (Golf Club) 530 South Pine Road, Brendale. We enjoy a two course meal, a guest speaker, raffles and lucky door prize. We raise funds for the children's charity The Smith Family and support students through their education. Ladies come meet new friends. Visitors and new members welcome. Phone Anna at 3425 3927 or 0400 557 082

BRIDGE PLAYERS. We have a small club at North lakes library level No1 meeting Monday and Friday mornings at 9.30 till approx. 12.30. come along or ring Ken Hooper on 32045636.

BRIDGE Redcliffe Bridge Club plays most days of the week. Players of all levels are welcome. Lessons held every six months. Morning and afternoon sessions. If interested please contact Richard on 3882 5970.

BURPENGARY ANGLICAN CHURCH - Parish of Freshwater. 45 Pitt Road Burpengary. Traditional Worship Services weekly with Eucharist at 6.00pm Saturday evenings. Visitors Welcome. Please stay for a coffee and a friendly chat after the service.

BUSH POETRY, NORTH PINE We meet 1st and 3rd Sundays 9am until noon at The Distillery North Pine Hotel Old Petrie Town Dayboro Rd Petrie. All welcome. Perform or listen, have your work read, Closet Poets set yourself free in a friendly nurturing environment. C'mon dip your toes in the water. Contact Cay on 07 3408 3219 or front up and make yourself known to the MC. Change your Life for the better, take the first step.

CABOOLTURE FAMILY HISTORY RESEARCH. One hour of FREE assisted local, Australian and overseas research is available at Caboolture Family History Research Group Inc, located at Caboolture Historical Village, Beerburum Road on Monday, Wednesday, Friday and Saturday between 9.30am - 2.00pm. (No entry fee to village for FHRG research) Tel (07) 54282018 or email us at chfrg55@bigpond.com.

CABOOLTURE HISTORICAL VILLAGE POTTERS is a pottery group located in the Caboolture Historical Village, Beerburum Road Caboolture. We hold lessons every Monday and Tuesday from 9 am till 1 pm. We sell handcrafted pottery in our gallery. Contact phone number for the Pottery Shop is 5498 9933 or contact club president on mobile number 0409057 436.

CATHOLIC MASSES ON REDCLIFFE PENINSULA. Everyone is welcome to join any of our regular Masses. These are held at the Holy Cross Church, Anzac Ave, Kippa-Ring, at 6pm Saturday (Vigil); 9am Sunday; and 5pm Sunday. Mass is held at Mary Queen of Peace Church, Victoria Ave, Woody Point at 7.30am Sunday. Weekday masses are also held. See details in the Parish Newsletter at our website, www.redcliffecatholicparish.com or phone 3293 0800.

CATHOLIC NEWS IN NORTH LAKES AND MANGO HILL. Everyone is welcome to our Sunday Mass at 9.30 am in St Benedict's School, Capestone Blvd (off Anzac Ave) Mango Hill. We have a very active youth group. We also hold a Friday weekday mass at St Benedict's School at 9.00am except for the first Friday of each month. See details in the Parish Newsletter at our website, www.redcliffecatholicparish.com.

CENTRAL LIONESSE CLUB Lioness Club Redcliffe. Meet new friends & provide community services for your local area. We meet on the 2nd & 4th Monday at 6.30pm at Woody Pt Hall, Redcliffe. Contact Gill 23842025 & Liz Alcock 3284 9415.

CENTRED YOUTH A fantastic High School youth event in Redcliffe @ Recalibrate Church, every Friday (term time only). 7:00pm - 9:00pm (chill time from 6:30pm) with sports, games, PlayStation, great music and life changing messages. Contact the Recalibrate Church office on 07 3284 6511, office@recalibrate.church and check out our website www.centredyouth.com

CHRISTADELPHIANS OF REDCLIFFE - 6 Irene Street, Redcliffe. Find out what the Bible really teaches. Addresses held each Sunday evening at 7pm, - 2pm on the first Sunday of each month. Join us on the left side of the Redcliffe jetty, last Saturday of each month, 10:30am. All our activities are totally free, no collections, all your questions will be truthfully answered. E-mail redcliffegates@optusnet.com.au for further information.

CHRISTIAN GROW GROUP meets at Deception Bay Baptist Church, Cnr. Silver Street and Maine Terrace, Deception Bay, each Tuesday morning at 9.30 am. Our group welcomes anyone battling a mental health problem. We use Grow's long tried and tested 12 Step Program with practical steps and peer support to aid in recovery of mental health. For more details, phone Malcolm on 3888 0594.

CLASSICALLY TRAINED VOCALISTS wanted to start a group of 3-4 females aged between 25-40. Classical crossover e.g. Celtic women, Katherine Jenkins, Sarah Brightman, and traditional classical repertoire. Email Rebecca, at classical_girl1@yahoo.com.au

CONSUMER ADVOCACY For patients who have endured/enduring difficulty with current illness/disability or treatments. Jodie from Jodiesjourney.com can assist patients with free assistance and advice, particularly in the area of how to get the most out of the medical system and the best consumer outcomes. Jodie also speaks at functions and has a team of consumer consultants who can help anyone using the healthcare system at consumerconsultation.com - contact at jodie@jodiesjourney.com

CRAFT AND COFFEE MORNING: Pine Rivers Q&A Craft and Coffee group meet at 9:30 am on the 3rd Tuesday of each month at the Girl Guide Hut - Nightingale Road - Lawnton. All welcome to come along and for further information phone 54595 5151.

CROSSWAYS SOCIAL GROUP FOR DISABLED ADULTS meets every 1st & 3rd Thursday of the Month from 7.00- 8.30PM at Redcliffe Uniting Church hall, 1 Richens St Redcliffe. Cost \$2.00 & bus pick up extra \$1.00. Phone 3284 6451 for further information.

DECEPTION BAY ANGLICAN CHURCH - Parish of Freshwater, 43 Park Rd Deception Bay. Modern Family Worship Services weekly at 8.30am Sunday mornings with an active band - guitar, drums and keyboard. Visitors welcome. Please stay for morning tea and a friendly chat after the service.

DECEPTION BAY GEM & ALLIED CRAFT CLUB every Monday Wednesday Saturday 9am to 12 noon at 52 Old Bay Road Deception Bay (opp. Deception Bay North State School). Learn how to cut & polish stones(cabochons) faceting, silverwork and more. Secretary 0414488560. Come and enjoy learning all aspects of jewellery making to our friendly club.

DECEPTION BAY GIRL GUIDES enables girls from 5 and up to grow into confident, self-respecting and responsible community members. Meetings are Thursdays 5pm and Friday 5:30pm at 35 Sampson Street, Deception Bay. Give Guides a go for 4 weeks for free. Adults are also invited to be involved as Leaders or in our Support Group. Visit <http://bit.ly/dbayguides> for more details

DECEPTION BAY SEVENTHDAY ADVENTIST'S meet every Saturday at Deception Bay Prima ry School Music Hall Corner of King Street & Beauford place at 9:30 am for bible study and 11am worship service. Everyone most welcome. Contact Humberto 0738865818 for further information.

DECEPTION BAY SPIRITUAL CENTRE Every Sunday from 2.30 until 5.30pm for Meditation, Healing and Service. We also sell Crystal Gemstones at a very reasonable cost. All enquiries contact Rev Carol Bloor 0418 592 412.

DISCOVERY BAPTIST CHURCH, North Lakes, is a Christian Church committed to knowing God deeply and making a difference in our community of North Lakes. We'd love for you to join us for Sunday worship and God's Gems (Sunday School) at 9.30 am at The Space - corner of Lakefield Drive and Endeavour Boulevard, North Lakes. For other information and activities please visit our website at: www.discoverybaptist.com.au or contact Pastor Phil Smith: 0430811967.

EILDON CROQUET CLUB is an enjoyable club to join and play croquet. We play 4 forms of croquet. Golf croquet is played Tues & Fri 8:30 am and Tues 3:00 pm. Ricochet is played Mon 9:00 am. Association is played Wed 9:30 am and Sat 8:30 am. Gateball is played Fri 3:00 pm. All forms of croquet can be enjoyed by any age group. We also hire out the club for croquet parties that the whole family can participate in. You are most welcome to phone the club on 3283 2924 with any queries.

FLORAL ART. Peninsula Floral Art Group welcome visitors and new members to join their each month to have fun with flowers. We are a small group who enjoy both each others' company and learning the skills of flower arranging. Our meetings are at The Hub Old Fire Station Oxley Avenue Redcliffe on the 2nd Tuesday each month (February to November) 9.30am morning tea 10.00am workshop and meeting. Enquiries Pat Spillman Secretary Ph

32845795 Email pfag-redcliffe@hotmail.com.

FOOD SUPPORT. Do you need some Food Support? Struggling to put food on the table? Please contact the Life Community Care office to receive a box of food on 07 3482 3005.

FREE CONVERSATIONAL ENGLISH LESSONS Thursday Morning 9.30 - 11am or Tuesday Evening 7 - 8.30pm. All ages. In Deception Bay, cnr Maine tce & Water st. Phone: Susan 04496 63421

FRIENDLY SOCIAL TABLE TENNIS club. We are a group of 50 and overs (men and women) that will welcome new members. We play every Monday from 8am until 12 noon at Redcliffe Senior Citizens hall, Oxley Avenue (next to the old fire station) cost is minimal including morning tea. come along or contact Pat 3880 1210 or pedwards1948@bigpond.com

GRANDPARENTS SUPPORT GROUP (GAGS) A support group for grandparents who raise their grandchildren full-time. We cover all of the Moreton Bay area. We are only a phone call away for a chat, advice. The group meets on the first Wednesday of each month (except sch holidays) in a conference room next to the Caboolture Library known as The Hub. For information phone Lynn Fielding 0407251274.

GROUP OUTDOOR FITNESS North Lakes This isn't a business it's just a small group M/F aged between 20ish and 50ish who get together twice a week in the park in Little Burke Street at North Lakes to train, Tuesday and Thursday from 6.30pm sessions go for about an hour, join us and get great encouragement and help, For more information and questions answered call or txt Bryan on 042837525

HER INSTINCT CLUB @ North Lakes If you love sharing your talent, passion and life in food, writings, music, photography and art etc, meet us at the new club. Create and collaborate on projects that you enjoy and we may publish them on our not-for-profit website. Or simply brainstorm your next big idea with like-minded members at our gatherings. Dreamers, amateurs and professionals welcome. Men/women. Email chriseoer@gmail.com to find out more

HISTORY REDCLIFFE holds its general meeting on the second Friday of the month at 2pm, in the Terry Walker Room, Redcliffe Cultural Centre. Monthly guest speakers highlight interesting aspects of Redcliffe's History. Members and guests are invited to participate in the meeting and share afternoon tea. Enquiries to info@historyredcliffe.com.au or www.historyredcliffe.com.au

JP BOOTH MKT Deception Bay Shopping Centre Mon-Sat 9am-1pm.

JUSTICE OF THE PEACE SERVICE Run by volunteers, a Justice of the Peace Service is available at Westfield North Lakes Monday - Friday 10.30 am - 2.30 pm, Thursday Night 6.30 - 8pm. Saturdays 9.30am - 12 midday. Call Westfield Centre Management 3491 9072 or emergencies only Dept of Justice Brisbane 1300 301 147.

KALLANGUR INDOOR BOWLS Monday Afternoons from 1pm-4pm Kallangur Community Centre, Next to the Library on Anzac Avenue, Kallangur Cost: Only \$4 which includes tea, coffee and biscuits. Come along and enjoy an afternoon of fun. Join a friendly group who will welcome all new members. Beginners very welcome. For more information please contact Wyn Carlton on 07 3886 2779

KALLANGUR MEMORIAL BOWLS CLUB Wednesday Men's Pairs 12.30 pm. Thursday Ladies/Mixed 9.30 am. Saturday Open Social 12.30 pm. Large airconditioned function room, private bar facilities and catering available. Friday night meals at very reasonable prices. Greens available for barefoot bowls for individual or corporate groups. Telephone 3285 2267 email: kallangurbowls@gmail.com for more information.

KALLANGUR, the Pine Rivers Senior Citizens Club Inc. welcomes you to join us for indoor bowls, sq dancing every Tuesday, concerts 2nd Wednesday of month, bus trips 3rd Wednesday, and bingo last Wednesday of each month. Venue is the community hall 1480 Anzac avenue (opp Red Rooster) for further info please Fred on 32054024 or email prsc2@gmail.com.

KALLANGUR OVER 50'S SOCIAL CLUB - NEW DAY If you are interested in meeting new friends and playing affordable bingo, then come along to North Leagues Services Club on Tuesday mornings at 9.30 a.m. Enjoy a cuppa with friends. Other club activities include raffles, playing cards and monthly bus trips. Special occasions also celebrated throughout the year. Membership only \$5-00. Please contact Gallene 3285 3905 or email ng.parnell@gmail.com for more details.

KOALA & WILDLIFE RESCUE PINE RIVERS is a local community organisation that has been in operation for over 19 years. We can be contacted 24/7 for ALL wildlife on 0401 350 799. We meet at Penticup Place 365 Sansonvale Rd Warner at 7pm on the 4th Thursday of each month all welcome. We are always looking for rescuers & new members. All enquiries please phone 0401 350 799.

LADIES 50 - 60s age bracket needed for social tennis, played at Chermide Rd in Danzy Buchanan Park Mango Hill on Friday mornings from 8.30 am to 11.30 am please Contact Christine 0432042764 or Maureen 0424098073. Lovely ladies would welcome you.

LADIES SMALL CARD GOLF Canasta five & pony 50's - 60's age bracket Wednesday 10am - 3pm North Lakes 3203 1239 Will teach if needed.

LAKES ANGLICAN CHURCH SERVICES. Sunday worship: 1st Sunday of each month Combined communion service and Children's Church at 9am: Every other Sunday there is a traditional communion service at 8am and at 10am there is a contemporary service which includes Children's Church up to age 11, modern worship, relevant sermons that address life's challenges.

LIFE! CHURCH SERVICES: 9:30am @ Kallangur State School & 5pm @ North Lakes State College. ALL ARE WELCOME. For more information, please go to www.thelifechurch.org.au

LINE DANCING TUESDAY 9.45 am - 12 noon, Friday 12.15 pm - 2.15 pm. Come along, make new friends in a friendly, social atmosphere. Large dance floor and musician live on stage. Morning/afternoon tea, Lucky door prize. Redcliffe Senior Citizens, 401 Oxley Ave; contact Tonto 0417896 936. Marlene 3880 3223, Lorna 3889 3121 for more info.

LIONESSE CLUB OF MORAYFIELD & DISTRICT Come and join us to help support our local district. We meet on the 1st Thursday of each month for a Dinner Meeting, 6.00 for 6.30pm for a short meeting and socializing. Also, on the 3rd Wednesday morning 9.30 for 10.00am for a Business Meeting. Venues will be advised on contact. Contact Margaret Zonca 5499 0509 or Joy Hynes 5433 0650.

LIONESSE CLUB OF REDCLIFFE CENTRAL meet 2nd and 4th Mondays at 6.30pm. This is a great way to make new friends and help the community at the same time. For further information Phone Liz on 3284 9415.

LIONS CLUB OF NORTH LAKES: If you're a new resident of North Lakes wishing to integrate into the community and want to make new friends, please consider joining our club. We Dinner/Meet the 2nd & 4th Wednesday evenings of each month, have regular interesting guest speakers, are pro-active and incorporate a varied social outing calendar, mindful of keeping a balance between family, work and play. We're a very happy Lions club and encourage couples to join. Call Chris on 0429 457 722 and I'll arrange our Membership Chairman to call you.

LIONS CLUB OF REDCLIFFE. Our friendship club welcomes you to join us once a month for a fine meal with interesting guest speakers, and have a friendly get together once a month to play cards or just chat. Call Neil or Maureen Tyler on (07) 3204 8883 or Email nghmtyler@bigpond.com

LIONS CLUB OF REDCLIFFE KIPPA-RING Come join our flourishing Club, supporting the local community. We run the Redcliffe Showgrounds Community Markets every Sunday from 6am - 11am. We visit the elderly & isolated, and recycle used spectacles to send to needy countries, plus more! Meetings held 1st & 3rd Tuesdays at Rothwell Hall, Board meeting 2nd Tuesday. Call 0418 191 578.

LORDS AND LADIES ASSEMBLY Mousetrap's upcoming Musical Comedy, 'Once Upon A Mattress' is seeking Lords and Ladies for the Ensemble. If you possess the vocal and acting skills required and wish to join a fun filled show please contact the Musical Director, Theresa Kendall on 0412 260 467 or 3203 6251. This production is being directed by well known Brisbane theatre identity, Kurt A. Lerps. Performances are July 29 & 30, August 5, 6, 12 & 13 at 7.30pm with two matinees on July 31 and August 7 at 2.00pm.

MASONIC MEETINGS Freemasons, and anyone interested in learning about Freemasonry, wishing to attend a Daylight Lodge. We meet 9-30am, the fourth Monday of every month at Freemasons Centre Seaville Ar.Scarborough, on the Redcliffe Peninsula. Our friendly Ladies ,who attend every Luncheon, will extend a warm welcome to your wife, please bring your wife along. Phone Les 3888 0739.

MEN'S SHED REDCLIFFE Community is now up and running and available to All Men, in the area. Activities, or just a cuppa and a yarn are on offer in this new Shed. The Shed is at The Community House 1 Lamington Drive, off Oxley Avenue and hours are Mon, Wed, Fri, 9-00am til 1-00pm. Call in for a chat or phone 0490 468 222 and speak to Wal or Joe

MEN'S SHED The Pine Rivers men's Shed operates every Monday, Tuesday, Wednesday and Friday 8.30am – 1.30pm at our shed, Old Petrie Town, Dayboro Rd, Kurwongbah. If you like activities such as woodwork, metalwork, computing, etc and making items for the community, or if you just enjoy a cuppa and a chat – come along. All men of any age welcome. For further information contact Sal 32612323 or 0438612324.

MORETON BAY CHRISTADELPHIANS Free Bible based seminars. On every Wednesday at 7.30pm. Various Topics. 4 Whites Rd Petrie. For more info call 0411 649 466 or email info@moretonbaycedsia.net

MORETON BAY SYMPHONY ORCHESTRA aims at providing quality music for the Moreton Bay region. MBSO performs a selection of music such as contemporary popular, classical and large scale symphonic music. Subsidiary groups include a Junior Strings (under 15), Youth Symphony (under 25), Jazz Band and Flute Choir. Play an instrument? We are always on the lookout for more musicians! Like us on Facebook! Email: enquiries@mbsso.org.au Visit our website at: www.mbsso.org.au

MOUSETRAP THEATRE Redcliffe Showgrounds home to plays, musicals, cabarets, pantomimes and theatre festivals. Acting workshops for primary & high school aged children. Technical workshops. We are a warm and friendly little theatre company, where everyone is welcome, either in acting, backstage, technical, directing roles etc. Further information: 0439 954 719

NARANGABA ANGLICAN CHURCH - Anglican Parish of Freshwater, 45 Pitt Rd, Buringbury Weekly Worship Services at 6.00pm Sat evening. Visitors very welcome.

NAVY CADETS – TS Koopa Youth 13-19 Years Parade 630pm to 930pm Friday Nights TS Koopa Kal-Ma-Kuta Dr Sandstone Point Enquiries co.tskoopaa@navycadets.gov.au 0430 904 189

NORTH LAKES COMMUNITY WOMEN'S GROUP INC. meets on the first three Tuesdays of the month at 09:45 am at the Community Centre, The Corso, North Lakes. On other Tuesdays we meet for lunches, bus trips and planned outings. Enquiries please phone: Julie, 3886 4552; Colleen, 0418 658 442; or Carmen, 3491 9410. All welcome.

NORTH LAKES UNITING CHURCH offers a family service with children's Sunday School. Services each Sunday at 9:30am followed by fellowship and refreshments are held at The Lakes College located at Cnr College Street and Discovery Drive, North Lakes. All welcome. Contact Mark Comford on 0421 950 325 or email info@northlakesunitingchurch.org.au

OLDER WOMEN'S NETWORK Next meeting Tuesday 7th of June. Joint Preventative Dental Problems in the older population, Speaker Jan Anderson Metro North Oral Health Services. Venue: Woody Point Memorial, Oxley Avenue, Woody Point. Entrance Fee \$4 for Morning Tea Lucky Door Prize. Contact M. 0411018570

PEACE PRESBYTERIAN CHURCH We welcome visitors to our church at 155-157 Maine Terrace, Deception Bay. Weekly service held at 9:30am and Kids' Church starts at 9:45am. Regular Kids Club programme over two days during the school holidays. Teen club meets the first Friday of the month at 5:00pm for tea. Monthly craft group and an op-shop that opens the second Thursday of the month from 9am to 12noon. Please drop in and share a coffee and cake with us. For more information phone 3888 3781.

PENINSULA ANIMAL AID is an animal shelter dedicated to the care and rehoming of stray and surrendered cats and dogs. PAA (est. 1971) is run entirely by volunteers, and is located at 313 Duffield Road, Clontarf. For more information about adopting, bringing in an animal, volunteering, our Hydrobath or other ways to be involved visit www.peninsulaanimalaid.com.au or phone 3284 1927.

THE PENINSULA HERB GROUP meets every third Saturday in The Wallum Centre at the Redcliffe Botanic Gardens, Henzell St Redcliffe. Meetings start at 1:30, we welcome all visitors and anyone interested in herbs. For any enquiries please ring the secretary on 32843279 or herb garden coordinator on 32831828.

PENINSULA SOCIAL GOLF CLUB welcomes both male and female golfers of any level, with or without an AGU Handicap. Peninsula Social Golf Club plays at a variety of courses with both single and team events, has an annual dinner and presentation evening and a weekend end of year trip. Any golfers interested can contact Club Secretary Noel Price 0413 781 800 www.peninsulasocialgolfclub.bsn.au

PINE RIVERS SENIOR CITIZENS CLUB Inc. Kallangur welcomes you to join us for indoor bowls, sq dancing every Tuesday, concerts 2nd Wednesday of month, bus trips 3rd Wednesday, and bingo last Wednesday of each month. Venue is the community hall 1480 Anzac Avenue (opp red rooster) for further info please ring Shirley on 38863184 or email prsc2@gmail.com.

PINE RIVERS SLIMMERS CLUB. Trying to lose weight? Need Help? Join us every Wednesday morning at the Lions Hall, Lawnton Showgrounds from 8.15am – 9.45am. Joining fee \$12. Weekly fee \$3. For a relaxed social atmosphere, friendly support, nutritional advice, recipes and competitions. 30years+ in the operating in the shire. Contact Chris 3285 2949

PINE RIVERS VIEW Club meets on the third Wednesday of each month for lunch at Murrumba Downs Tavern, Murrumba Downs. Interesting speaker. On the first Wednesday of each month we have an outing to a place of interest. Ladies come and meet new friends. Visitors welcome. Phone Sandra 3425 2738 and Elizabeth 38864937

PINE RIVERS QCWA Branch meets at 9:30 am on the 1st Wednesday of each month at the Girl Guide Hut - Nightingale Road - Lawnton. All welcome to come along and for further information Phone 5495 5151.

PLAYGROUP MANGO HILL 9.10 – 10.10am each Friday (except school holidays) for families of children planning to attend Mango Hill State School. Undercover and outdoor play, music and story time for children aged 2 – 5 with their parents/carers. Program led and facilitated by a teacher. All activities are free! Come along and get to know others in our caring school community. Contact Carmel Murphy cmurp61@eq.edu.au.

PLAYGROUP REDCLIFFE 9:30am Monday to Friday. 1 Richens St, Redcliffe [Redcliffe Uniting Church]. Well organised and structured playgroup. More details check out the Uniting Church website.

PLAYTIME ROTHWELL Thursday 9am -11am Mueller College A Block Morris Road. Suitable for children aged 0 to 4. Operates during school terms. Enjoy a cuppa and a chat with other adults while the children interact, playing with toys and doing craft. Shared morning tea is on a roster basis. Gold coin donation each week. Provided by Mueller Community Church. Contact Isabel on 3897 2869

PROSTATE CANCER SUPPORT GROUP for the Moreton Bay Region meets second Tuesday every month. There are medical profession speakers with an opportunity to talk to these and other men affected by the disease. Meetings start 6.30pm, Education Centre, Redcliffe Hospital. Men, partners and family members are welcome. More info contact Fred Travis on 3480 5904 or 0404 495 898.

P.U.B.S Home brew beer club, meets last Tuesday of every month at Kruger Hall, Kallangur at 7pm, for advice, comps and everything home brew, new members welcome, for more info call Greg on 0423205205

PULSE YOUTH is the youth program of Life! Church. Come check out the crazy games, pumping music, hear a great word, be part of a connect group and make amazing friends! Every Friday night, 6-8.15pm Kallangur State School Hall, School Rd, Kallangur! For more info contact Scott & Miriam on 0413905336 or youth- youngadults@thelifechurch.org.au

PROBUS CLUB OF KALLANGUR meets at 10am on the 4th Friday of the month at the Baptist Church Hall, Ogg Rd. Murrumba Downs, has bus trips and Walks and Talks and Morning Teas and Lunches. Visitors welcome VACANCIES NOW Join 38863656, Ken 33841313, Dorothy32851538

PROBUS CLUB OF REDCLIFFE INC. The Club is for Male and Female Retirees seeking Fellowship and Fun. We enjoy Entertainment, Coach Trips, Cruises, Dine-Outs, Local and QPAC Theatre Days, Lawn Bowls, Beach BBQs and Coffee Mornings. Meetings- second Monday of each month at the Moreton Bay Boat Club. Contact President Roslyn Johansson 3888 2802, 0423 708 443, bjo99986@bigpond.net.au

PROSTATE CANCER SUPPORT GROUP at Redcliffe meets on the second Tuesday of every month. Medical professionals speak at each meeting and is an opportunity to talk to these as well as other men and their partners affected by the disease. Partners of men attend

regularly. Meetings start at 6.30pm at the Education Centre of Redcliffe Hospital. All men, partners and family members are welcome to attend. More info contact Fred Travis on 3480 5904 or 0404 495 898.

QUEEN'S BEACH INDOOR BOWLS Club Inc. Monday 7.15pm Thursday afternoon 1.15 pm Church Hall cnr. Griffith Road. & Prince Edward Pde. Scarborough.

QUOTA INTERNATIONAL OF NORTH LAKES INC. Ladies living on North Lakes or surrounds – Looking to make new friends? Serve your local community and be involved in an international project? Attend regular social events? Why not join us? We meet at North Lakes Health Precinct second Monday of each month 5.30 for light supper then Business Meeting 6p-8pm. For more information Tel Brenda 0408489387 or Glynis 0413010088

RECALIBRATE CHURCH 9:30am & 6:00pm every Sunday @ 3 Plume Street, Redcliffe. EVERYONE IS WELCOME! Services include full kids provision from 2-11yrs, great worship, relevant and encouraging messages and brilliant opportunities to form community and friendships. Contact the office on 07 3284 6511, office@recalibrate.church and check out our website www.recalibrate.church

REDCLIFFE BRANCH OF NATIONAL SENIORS. Meets on the last Friday each month at 10-00 am, for 10-30 am, in the "Kokoda Room" of the Redcliffe R.S.L. Club. Phone secretary Lynette on 3204 1678

REDCLIFFE CITY CHOIR practises weekly in the Rothwell area, Monday nights from 7-15-9:30pm. We sing a range of music - from pop, folk and jazz to classical and light opera. Most pieces are in four-part harmony. New members are always welcome! More information phone 3385 9778 or 3889 5789.

REDCLIFFE COUNTRY MUSIC CLUB. Dalton Hall, Redcliffe Showgrounds Scarborough Rd. Socials: 3Rd Sunday 1.00PM. 4th Friday Night 7.30.PM. Quality Guest Artists & Walk-Ups. Contact Trudi on 3284 7609. All Welcome: Entry \$ 4.00.

REDCLIFFE EXSERVICE WOMEN'S CLUB Third Monday of each month, 10.30am, Meeting Room Redcliffe RSL, Irene St, Redcliffe. Exservice women of all ages from all services welcome to share social comradeship with others. Phone Wendy on 3880 2602 for more details.

REDCLIFFE FAMILY FUN is a new community Facebook page listing activities and events for families in Redcliffe and other Brisbane Northside suburbs. www.facebook.com/RedcliffeFamilyFun

REDCLIFFE GATEBALL CLUB welcome all players aged 8-90 years of age. Played every Saturday from 1pm to 4pm at the Bramble Bay Bowls Club. Gateball is a sport which combines brain play and mild physical exercise, non-contact, highly strategic team game. 30 minutes per game is all it takes for a game. Phone Geoff of 0400 525 250.

REDCLIFFE HEALING ROOMS Come and let God touch and heal you. Woody Point Community Centre Cnr Hornibrook Exp & Oxley Ave Woody Point Wednesday 7- 9pm and Friday 10:30 -1pm "Grandenfire" Cnr Anzac Ave and Duffield Rd Kallangur Monday 10am -12noon All welcome. No appointment necessary. Enquiries 07 3284 1880

REDCLIFFE LADIES PROBUS CLUB Meets on the 2nd Thursday every month in the Seaspray Room, Belvedere Hotel, Woody Point at 9.30am for 10am. Enjoy morning tea, a guest speaker and outings. Visitors welcome. Contact Maureen 3283 7461 or Neolene 3203 6889.

REDCLIFFE MULTITUDE CHOIR is a non affiliated community choir singing a mix of pop, jazz and folk music, rehearsing every Thursday night during school terms at Margate Baptist Church Hall, 27 Duffield Rd. Margate. The only requirement is a love of singing. Contact 0402 121 155

REDCLIFFE OVER 40 SOCIAL DANCE CLUB INC Meets at CWA Hall Prince Edward Parade, every Wednesday night from 6.30-10.30 pm. Band music to modern and new vogue dancing. New participants most welcomed. Supper provided. Theme nights throughout the year. Singles, new dancers and all abilities welcomed. Non profit organisation. www.over40socialdanceclub.org

REDCLIFFE OSTMATE SUPPORT And Carers Group Meet at the Cultural Centre Redcliffe in the Schillam Room at 10am on the first Tuesday of the month. Cost is \$2 and morning tea is supplied. For more information please contact Dot \$495 1335.

REDCLIFFE PENINSULA DARTS ASSOCIATION: Players needed to our Wednesday night fixtures. A & B Division Teams. No need to register with a full team - we can certainly get you in a side now. \$15 yearly registration & \$4 fees per night. Licenced bar facility. Call Patty Martin 3203 8587

REDCLIFFE PENINSULA POETS Group meet on the first Tuesday of the month at the Redcliffe Cultural Centre 7pm in the Winton room. Everyone is welcome to come along. Read your own poetry or some from a book!

REDCLIFFE PENINSULA PROBUS CLUB Inc. Meets on the 4th Tuesday of each month except December at the Kokoda Room, Redcliffe RSL Irene St. Redcliffe at 10.00am. New Members most welcome. Contact President Ray phone 3203 2611 or Secretary Neil phone 3284 4404.

REDCLIFFE PENINSULA SURF LIVE SAVING Want to part of the community? Fancy joining one of the most iconic Australian organisations? Ever thought of learning lifesaving skills? Situated at Sutons Beach, Redcliffe, we run a nipper program for those aged between 5 and 13 every Sunday between the months of September and March. Call 32844105 or go to www.redcliffeslc.com.au

REDCLIFFE PENINSULA VIEW Club extends a warm welcome to ladies who are looking for a new interest to join us on the second Thursday of each month at the Moreton Bay Boat Club, Scarborough. Meetings include lunch, a speaker or entertainment. Outings feature in our monthly program. VIEW supports the Smith Family's Learning for Life program. Contact Robyn 3481 6003

REDCLIFFE POTTERY GROUP is due to hold Semester 2 handbuild pottery classes for beginners commencing on 7th May for Saturday class and 9th for Monday class. Fees will be \$100 for 2 hours lesson over 6 weeks including clay, firing and glazes. More details and the application form, visit our website on www.redcliffepottery-group.org.au

REDCLIFFE RSL SUB-BRANCH General Meetings of the Sub-Branch every two months on the third Sunday of the month at 10.30 am. We also conduct interviews for Service pensions, disabilities and Advocacy claims covering Service personnel, police and cadets. For appointments call 3889 4872.

REDCLIFFE RUGBY UNION. Senior Rugby Union training 6.30pm Tuesday & Thursday, Veterans touch foot 6.30pm Wednesday, senior games played Saturday, Veterans games played Friday night. Seniors & veterans (35+) team info, club news & game dates at www.redcliffesrugby.com.au Enquiries to play Mark 0423214202 or senior.secretary@redcliffesrugby.com.au Ray Frawley Fields. Silcock St Clontarf.

REDCLIFFE SENIOR CITIZENS CENTRE 401 Oxley Ave, Redcliffe, 4020. Membership \$8 with joining Fee \$2. Activities, Table Tennis, Outdoor Bowls, Darts, Concerts, Hoy, Snooker, Vogue Dancing, 500, Line Dancing, Pilates & Chee Gung. Contact 3284 1366 or 0418 796936.

REDCLIFFE SENIORS COMPUTER CLUB - Club House 51 Sportsground Street Redcliffe. Tel: 3203 5593. Monday to Friday. Learn to use your computer, tablet, smart phone to send emails, search the internet, buy bills, do banking all in a friendly atmosphere. All lessons are individual at low cost. Further information available on our web page www.rssc.com.au

REDCLIFFE SNOOKER CLUB Inc. Meets every Monday 5.00pm at our new Clubrooms, 1 Bowling Green Lane, Redcliffe for a social competition. We have 4 snooker tables and the rooms are also open to visitors 10.00am to 4.00pm every Thursday, Friday and Saturday for a practice hit. Costs are \$2.00 per hour per person with partner- for further information please ring Garry Wardle 0414722189 or email snookerclub@optusnet.com.au

REDCLIFFE SPIRITUAL DISCUSSION GROUP meets at Unit 3 (down the back) 124-130 Oxley Avenue, Woody Point (near Ellen Street), on the first Friday of each month, at 7.30 pm. We explore theosophy, Alice Bailey writings, poetry of Rumi, holistic psychology of Carl Jung, the I Ching, Taoism and Zen, Feng Shui, Tibetan Buddhism, progressive Christianity, sacred sites, music, prayer, meditation and so on. All welcome. Tel: 3283 8386.

REDCLIFFE TABLE TENNIS ASSOC INC offers a social atmosphere and has a range of players from beginners to very experienced. The club is located at Clontarf High School Gymnasium in Isobel Street, Clontarf every Friday night from 7.30pm. Quality Stiga tables and 3 star balls are provided and bats are available for use by casual visitors. Charges are very reasonable. For further information contact Terry on 0407007143 or email redcliffettea@gmail.com.

REDCLIFFE TPI SUB BRANCH meets on the first Monday of every month, 9.30 am, at the Redcliffe Bridge Club Rooms in Irene Street Redcliffe (next to the RSL). All TPI, Special Rate Pensioners, prospective members and Spouses are invited to attend. Further information

available from Mick Karolak on 3283 1721 or Pedro Newman on 3889 5704.

REDCLIFFE UNITING CHURCH - A Community aiming to be at the Heart of the community. Worship Sunday 9am, 1 Richens St, Redcliffe. Never boring, always engaging! Download our APP Redcliffe Uniting or check out our website.

ROTARY CLUB OF KIPPA RING-NORTH LAKES meets Wednesdays from 6.15 pm at Rotary District Office : Evergreen Centre 14-18 Discovery Drive, North Lakes. Rotary connects 1.2 million members from 34,000 clubs in 220 countries. Come join us. Once a week, we meet to help others in the wider community. It's life changing. Contact Garry Gibson on 0419 742 769

ST JOHN AMBULANCE Moreton bay Cadets and Adults ages 8 and up meet Thursdays from 6:30pm at the Redcliffe SES Hall 35 – 41 Portwood Street Redcliffe. For more information contact the Divisional Manager on 0402 895 206

SATURDAY MORNING BICYCLE RIDE in and around north lakes. I am seeking riders utilizing bike lanes and bikeways in a safe and friendly environment. 7am starts with a coffee/ drink break. beginners and intermediate riders, not setting any land speed records just enjoying the great infrastructure of north lakes. Phone Dean at Allsorts- BERG ph 0431286322

SCOUTS offers an exciting and adventure filled learning environment for youth members. Interested? Kallangur Scout Group invites boys and girls from age 6 upwards to join in the fun. For further information, contact Kerry on ksgleader@outlook.com or 0423158135.

SEASONS A Loss and Grief peer support program for Adults. Seasons consists of 6 x 2 hourly sessions comprising of 6 to 8 participants per group, and is facilitated by trained companions. The program uses the different seasons and images from nature to help people cope with their loss and grief. Contact: Trevor Andrew 0421 901 737 Sheryl Windsor 0402 819 385 Annette Plummer 0413 052 110

SHED HAPPENS FOR MEN on 4th Monday of each month John Naumann Hall Deception Bay Road Deception Bay. Guest Speakers, hear blokes tell their stories. Shed night is a place where men are inspired to be the best they can be as blokes, fathers, husbands, sons and mates. All Men welcome from age 16 to 116. BBQ starts 6pm donation \$10.00. contact: Trevor Andrew 0421901737 Paul Chambers 0419 998 815

SINGLE SENIORS OVER 60yo in Moreton Bay area. Would you be interested in joining a small social group of single men and women? We've all experienced the times when we would like to dine out, see a movie, have a picnic, see a show etc etc but maybe not on our own! So why not join our group and share company. If interested, please email Kate at hopexyz1@hotmail.com.

SLIMMERS' SUPPORT GROUP, KALLANGUR, meets at Q.C.W.A. Hall, Anzac Ave., Kallangur on Friday Mornings at 9am. NEW MEMBERS WELCOME. For more information please contact Bev. 3882 4598, Denise 3205 3989 or Gail 3204 4163..

SMALL DOG CARER'S CLUB. Meet other dog lovers and socialise your small dog on other small dogs. Join the club and have your dog lovingly cared for while you are on holidays, no need to use a kennel. We meet once a month on the first Monday of the month. New members (retired or semi-retired) are welcome. Phone Kevin on 3881 1282 or email mhddk@hotmail.com

SOCIAL COFFEE LOVERS GROUP If you enjoy coffee and stimulating conversation, and meeting new people then join us to take advantage of some of the beautiful Peninsula cafes on offer. If interested email Carolyn at carolyn2527@hotmail.com.

SOROPTIMIST INTERNATIONAL Moreton North Inc. is a global voice for women representing 90,000 members in 126 countries. Our projects assist women and girls to access education and leadership opportunities, health care and human rights locally and internationally. Regular meetings and social events are held throughout the Moreton Bay Region. Contact Caryl 0417 730 155 or Audrey on 0402776840 Email simorettonorth@sispw.org www.soroptimistinternational.org

SOUTH AFRICAN LADIES GROUP Join the "SA LADIES – North Lakes" facebook page to connect with fellow South Africans in the North Lakes and Surrounding areas. Contact Catherine for more information. 0406781261 or monks@gmail.com

SPECIAL OLYMPICS MORETON NORTH CLUB. We are a regional club of Special Olympics Australia. We bring the benefits of regular sport and competition to children and adults living with an intellectual disability, in the Moreton Bay region. Sports offered are swimming, basketball, athletics, soccer, cricket, golf, ten pin bowling and gymnastics. For more information, please contact Louise on 0411 822 055 or email SO.MN.louise@outlook.com

Spinal Life Australia's Brisbane Post Polio Network will meet at 2.00pm on Saturday 11 June at Spinal Life Australia 109 Logan Road, Woollongabba. (Entrance and parking off Baladacra Street). Guest Speaker will be Mandy Nielsen from Chronic Pain Australia. New members are welcome. For more information please contact Eric Rushton on 0403 191 698.

SUPPORT FOR PARENTS Concerned about your teen's behaviour? Don't know what to do? You're not alone. A lot of parents are facing problems just like yours.

SUPPORT GROUP FOR MEN. Men Supporting Men Inc. meets at the New Neighbourhood Centre, 9 George St, Caboolture (opposite the Caboolture State School) every Thursday from 6:45pm-10pm. The group encourages self awareness in a safe and supportive environment. Any man is welcome to attend. Enquiries: Allan 5497 4022 or Paul 0401 625 141 up to 9pm.

SWIMMING CLUB Come along for a free trial at our club nights held Fridays. Learn correct swim race techniques in a fun, social and family friendly environment all in our indoor heated 50m pool. Suitable for beginners throughout to National level swimmers that can swim a minimum 25m. Contact Head Coach Kirk Taylor 0405 577 204 or email australianscrawlsminclub@gmail.com for more info.

TABLE TENNIS ASSOCIATION in Redcliffe hosts Table Tennis at Clontarf High School Gymnasium, Isobel Street, Clontarf on Friday Nights at 7.15pm. We provide the balls and have a range of bats available for use. The environment is social and new players/beginners are welcome. The nightly fees are very reasonable so for further information, please contact Terry on 0407007143 or email redcliffettea@gmail.com.

TEAR Groups are local groups that meet to discuss issues relating to poverty and injustice in Australia and overseas and to advocate on the behalf of disempowered and poor people – most often the poorest of the poor. A Christian Justice Group, meets locally on the first Monday of each month from 7pm-9pm. If you care about poverty, injustice and advocacy for the poorest of the poor then please join us. Phone Di on 073888 0571 or 04-08881507 for details of meetings.

TUESDAY CLUB INC. is a non-profit working organization that raises funds for the Underprivileged & Disadvantaged within the Redcliffe Area. Meetings are held at the Moreton Bay Boat Club every 2nd Tuesday of the Month at 10am, New Members very welcome. Contact Marion 3284 1526 or Loela 3284 4167

THE USA PINE RIVERS will be holding a social and information meeting on Friday 17th June 2016 at Bray Hall, O'Loane St, Petrie gathering from 9.30am for a 10.00 am start. Our activity today will be "COMPUTING AND CRAFT AND ART EXPO" showcasing the talents of our members with items for sale. Come and join us for a morning tea provided for a gold coin donation. This is an opportunity to book for social outings such as theatre and bus trips or renew membership.

USA REDCLIFFE INC. provides an educational environment for people in the third stage of life. It holds a variety of classes run by volunteer tutors. A subscription of \$20 per year applies and a small fee for each class of \$2. Computer classes are \$30 for 8 weeks. Make enquiries at the office on Level 1, 157-159 Sutton Street or call 3284 2687 email u3a@u3aredcliffe.org.au. More information is on the net at www.u3aredcliffe.org.au

WEIGHT REDUCTION CLUB OF REDCLIFFE. A not for profit body assisting people to solve the problem of being overweight. We meet every Tuesday morning at the Community Hall, Morris Rd, Rothwell from 8:30 am. New members welcome - for more information ph: 3283 7118 or 0424 671 554 or email wrcrdcliffe@hotmail.com

WORLD HARVEST MINISTRIES. You are invited to our Sunday worship services 9am and 6.30pm! Come and experience the presence and power of God! Let your life be transformed, receive healing in your body, soul and spirit. Learn about God's truth. We teach the uncompromised Word of God. Families welcome! 53 Telegraph Road, Bald Hills. Tel: World Harvest Ministries 3261 4555.

ZONTA CLUB REDCLIFFE Membership is open to all women who are actively involved in business and professions. Meetings are held on the 4th Monday at each month. Interested? Further information may be obtained by contacting info@zontaredcliffe.org.au Or: 0457426806

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